

TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT INDEX B

For use of this form, see DA Pamphlet 385-40; the proponent agency is OCSA.

REQUIREMENTS CONTROL SYMBOL
CSOCS-308

1. DATE OF ACCIDENT (YYYYMMDD)

20120613

2. TAB	Title	Encl	Not Appl	See Remarks
A	Statement of Reveiwng Officials (DA Form 285-O)	✓		
B	U.S. Army Accident Report (DA Form 285)	✓		
C	Findings and Recommendations	✓		
D	Narrative of Accident	✓		
E	Summary of Witness Interviews (DA Form 285-W)	✓		

3. REMARKS

4. BOARD MEMBERS

a. President (Name and Signature)

(b)(6)

Grade (b)(6) Branch ARMY
E-mail (b)(6)

Address and Tel. No.
MCoE Safety Office
6811 Vibbert Ave.
BLDG 18
Fort Benning, GA 31905

b. Recorder (Name and Signature)

(b)(6)

Grade (b)(6) Branch ARMY
E-mail (b)(6)

Address and Tel. No.
MCoE Safety Office
6811 Vibbert Ave.
BLDG 18
Fort Benning, GA 31905

c. Medical Officer (Name and Signature)

(b)(6)

Grade (b)(6) Branch ARMY
E-mail (b)(6)

Address and Tel. No.
MEDDAC Preventive Medicine
Mullins Street
BLDG 2616
Fort Benning, GA 31905

d. Maint Officer/Tech/SME (Name and Signature)

(b)(6)

Grade Branch
E-mail

Address and Tel. No.

e. Other (Name and Signature)

(b)(6)

Grade Branch
E-mail

Address and Tel. No.

f. Other (Name and Signature)

(b)(6)

Grade Branch
E-mail

Address and Tel. No.

**TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT
STATEMENT OF REVIEWING OFFICIALS**

For use of this form, see DA Pamphlet 385-40; the proponent agency is OCSA.

REQUIREMENTS CONTROL SYMBOL
CSOCS-308

1. INITIAL REVIEW (Include Name, Rank, Title and Organization. Use additional sheet if required.)

2. ARMY HEADQUARTERS REVIEWING AUTHORITY COMMENTS

Signature

3. DEPARTMENT OF ARMY REVIEW (USACRC)

This accident report has been reviewed and is approved for recording into the USACR/SC data base. No Army level recs.

Case number: 20120613021

(b)(6)

Signature

4. DATE OF ACCIDENT (YYYYMMDD)

20120613

**TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT
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REQUIREMENTS CONTROL SYMBOL
CSOCS-308

1. INITIAL REVIEW (Include Name, Rank, Title and Organization. Use additional sheet if required.)

Concur / ~~Non-Concur~~ with the findings and recommendations of the accident investigation board.



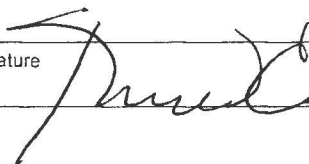
H.R. MCMASTER
MAJOR GENERAL, USA
Commanding

2. ARMY HEADQUARTERS REVIEWING AUTHORITY COMMENTS

Concur with the findings and recommendations of accident investigation board.

ROBERT W. CONE
General, U.S. Army
Commanding

Signature



SEP 03 2013

3. DEPARTMENT OF ARMY REVIEW (USACRC)

Signature

4. DATE OF ACCIDENT (YYYYMMDD)

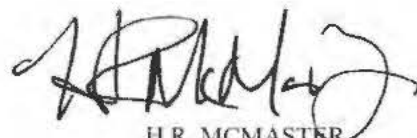
**TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT
STATEMENT OF REVIEWING OFFICIALS**

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REQUIREMENTS CONTROL SYMBOL
CSOCS-308

1. INITIAL REVIEW (Include Name, Rank, Title and Organization. Use additional sheet if required.)

Concur / ~~Non-Concur~~ with the findings and recommendations of the accident investigation board.



H.R. MCMASTER
MAJOR GENERAL, USA
Commanding

2. ARMY HEADQUARTERS REVIEWING AUTHORITY COMMENTS

Signature

3. DEPARTMENT OF ARMY REVIEW (USACRC)

Signature

4. DATE OF ACCIDENT (YYYYMMDD)

**TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT
STATEMENT OF REVIEWING OFFICIALS**

For use of this form see DA Pamphlet 385-40; the proponent agency is OCSA.

REQUIREMENTS CONTROL SYMBOL
CSOCS-308

1. INITIAL REVIEW (Include Name, Rank, Title and Organization. Use additional sheet if required.)

Concur / Non-Concur with the findings and recommendations of the accident investigation board.

Concur w/ Col Comments 3 June 2013

(b)(6)

(b)(6) IN

(b)(6)

2. ARMY HEADQUARTERS REVIEWING AUTHORITY COMMENTS

Signature

3. DEPARTMENT OF ARMY REVIEW (USACRC)

Signature

4. DATE OF ACCIDENT (YYYYMMDD)

**TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT
STATEMENT OF REVIEWING OFFICIALS**

For use of this form, see DA Pamphlet 385-40; the proponent agency is OCSA.

REQUIREMENTS CONTROL SYMBOL
CSOCS-308

1. INITIAL REVIEW (Include Name, Rank, Title and Organization. Use additional sheet if required.)

Concur / Non-Concur with the findings and recommendations of the accident investigation board.

(b)(5)

(b)(6)

(b)(6) IN

(b)(6)

2. ARMY HEADQUARTERS REVIEWING AUTHORITY COMMENTS

Signature

3. DEPARTMENT OF ARMY REVIEW (USACRC)

Signature

4. DATE OF ACCIDENT (YYYYMMDD)

W2N51N

TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT

FOR USACRC USE ONLY

REQUIREMENTS CONTROL SYMBOL
CSOCS-308

For use of this form, see DA Pamphlet 385-40; the proponent agency is OCSA.

SECTION A - ACCIDENT INFORMATION

1. CHECK ONE <input checked="" type="checkbox"/> a. ORIGINAL <input type="checkbox"/> b. CHANGE			2. UIC (Unit Identification Code) (6-Digit Code of Unit Having Accident) W2N51N		3a. UNIT NAME AND MILITARY ADDRESS (Accountable Unit) ALPHA COMPANY, 6510 Benjamin Ave., Fort Benning, GA 31905		3b. BRANCH (Armor, Infantry, etc.) IN	
4. DATE OF ACCIDENT a. YEAR: 2012 b. MONTH: 06 c. DAY: 13			5. TIME OF ACCIDENT (Local Military Time) 0700		6. PERIOD OF DAY (Check one) <input checked="" type="checkbox"/> a. Dawn <input type="checkbox"/> b. Day <input type="checkbox"/> c. Dusk <input type="checkbox"/> d. Night		7. ACCIDENT OCCURRED (Check one) <input checked="" type="checkbox"/> a. On Post <input type="checkbox"/> b. Off Post	
8. IF ON POST, NAME OF INSTALLATION/FACILITY FORT BENNING			9. ACCIDENT OCCURRED DURING (Check one) <input type="checkbox"/> a. Combat <input checked="" type="checkbox"/> b. Non-Combat					
10. WERE EXPLOSIVES OR AMMUNITION INVOLVED (Causal or Contributing Role) <input type="checkbox"/> Yes (See DA PAM 385-40) <input checked="" type="checkbox"/> No			11a. EXACT LOCATION OF ACCIDENT (Detailed enough to locate site) STEWART WATSON FIELD, DIRECTLY ACROSS FROM MCGINNIS-WICKAM HALL.					
			11b. TYPE OF LOCATION RUNNING TRACK			11c. GRID COORDINATES OR LAT/LONG GA 9180		

SECTION B - PERSONNEL INFORMATION

12. NAME (Last, First, MI) SCALES, AARON R.			27. CLASSIFICATION AT TIME OF ACCIDENT (Check) <input checked="" type="checkbox"/> a. Active Army <input type="checkbox"/> b. Army Civilian <input type="checkbox"/> c. Army Contractor <input type="checkbox"/> d. Army Direct Contractor <input type="checkbox"/> e. Nonappropriated Fund (NAF) <input type="checkbox"/> f. Other U.S. Military <input type="checkbox"/> g. ROTC <input type="checkbox"/> h. Dependent <input type="checkbox"/> i. NGB Tech <input type="checkbox"/> j. NGB IDT <input type="checkbox"/> k. NGB AT <input type="checkbox"/> l. NGB ADSW <input type="checkbox"/> m. NGB AGR <input type="checkbox"/> n. NGB ADT <input type="checkbox"/> o. NG Activated <input type="checkbox"/> p. USAR IDT <input type="checkbox"/> q. USAR AT <input type="checkbox"/> r. USAR ADT <input type="checkbox"/> s. USAR FTM <input type="checkbox"/> t. USAR AGR <input type="checkbox"/> u. USAR Activated <input type="checkbox"/> v. Foreign Nat. Direct Hire <input type="checkbox"/> w. Foreign Nat. Indirect Hire <input type="checkbox"/> x. Foreign Nat. KATUSA <input type="checkbox"/> y. Foreign Mil. Attached to the U.S. Army <input type="checkbox"/> z. Public <input type="checkbox"/> aa. Not reported			28. CAUSE OF INJURY/OCCUPATIONAL ILLNESS (Number in order of severity) (No more than 3) a. Struck Against b. Struck By c. Fell from Elevation d. Fell from Same Level e. Caught In/ Under/ Between f. Rubbed/Abraded g. Bodily Reaction h. Overexertion i. Exposure j. External Contact k. Ingested l. Inhaled m. Arm n. Wrist o. Hand p. Fingers q. Leg r. Knee s. Ankle t. Foot u. Toes v. Other (Specify)		
13. SOCIAL SECURITY NUMBER (SSN) (b)(6)			14. DOB (YYYYMMDD) (b)(6)			29. BODY PART(S) AFFECTED (Number in order of severity) (No more than 3) a. Body (General) b. Head c. Forehead d. Eyes e. Nose f. Jaw g. Neck h. Trunk i. Chest j. Heart k. Back l. Shoulder		
15. GENDER (Check) <input checked="" type="checkbox"/> a. Male <input type="checkbox"/> b. Female			16. RANK OR GRADE E-5			17. MOS OR JOB SERIES 13D		
18a. ADDRESS (Use Official Address for All Military or Government Personnel) (If different than Block 3, add UIC.) 6510 BENJAM AVENUE FORT BENNING, GA 31905			18b. For injured Army Civilians or Contractors, enter home address			30. TYPE OF INJURY/ILLNESS (Number to correspond with Block 29) a. Burns (Chemical) b. Burns (Thermal) c. Amputation d. Decompression Sickness e. Asphyxiation (Suffocation) f. Fractures g. Dislocation h. Abrasions i. Concussion j. Sprain/Strain k. Cuts/Lacerations l. Contusion m. Puncture Wound n. Hernia, Rupture o. Frostbite p. Heat Stroke q. Heat Exhaustion r. Noise Injury/Illness s. Needle Stick or Sharp t. Loss of Consciousness u. Other (Specify) X Hyperthermia		
19a. DUTY STATUS AT TIME OF ACCIDENT (Check one) <input checked="" type="checkbox"/> On Duty <input type="checkbox"/> Off Duty			19b. IF OFF DUTY (If on leave/pass) <input type="checkbox"/> Leave <input type="checkbox"/> Pass Date From: _____ Date To: _____					
20. FLIGHT STATUS (Check one) <input type="checkbox"/> a. Yes <input checked="" type="checkbox"/> b. No			21a. TIME BEGAN WORK: 0545			21b. CONTINUOUS WORK w/o SLEEP: NONE		
22. HRS. SLEEP IN LAST 24:			23. DAYS LOST/RESTRICTED (not counting day of injury) a. Hospitalized: _____ Days b. Not Hospitalized: _____ Days c. Restricted Activity: _____ Days			24. TREATED IN EMERGENCY ROOM <input checked="" type="checkbox"/> a. Yes <input type="checkbox"/> b. No		
25a. OSHA 300 Log Case Number:			25b. Name of Physician/Health Care Provider: (b)(6)			25c. If treatment was given away from worksite, where was it given? Facility: MACH Street: _____ City: FORT BENNING State: GA		
26. SEVERITY OF ILLNESS/INJURY (Check most severe) <input checked="" type="checkbox"/> a. Fatal (Date of Death 20120613) <input type="checkbox"/> b. Permanent Total Disability. Person can never again do gainful work. <input type="checkbox"/> c. Permanent Partial Disability. Person loses or can never again use a body part. <input type="checkbox"/> d. Days Away from Work. Person misses one or more workdays; bed rest/on quarters. <input type="checkbox"/> e. Restricted Work Activity. Person is temporarily unable to perform regular duties; job transfer/light duty/profile. <input type="checkbox"/> f. Medical Treatment Beyond First Aid. Loss of consciousness, needle stick, etc. <input type="checkbox"/> g. First Aid Only. Person has one-time treatment of minor injury. (No lost work days.) <input type="checkbox"/> h. No Injury.								

SECTION B - PERSONNEL INFORMATION (Continued)

SCALES, AARON R.

31. Person's action(s) at time of accident (Check one and explain in Block 32.)

<input type="checkbox"/> a. Soldiering	<input type="checkbox"/> i. Patient Care (People/Animals)	<input type="checkbox"/> q. Handling Animal	<input type="checkbox"/> y. Counseling/Advisory
<input type="checkbox"/> b. Combat Soldiering	<input type="checkbox"/> j. Test/Study/Experiments	<input type="checkbox"/> r. Maintenance/Repair/Service	<input type="checkbox"/> z. Sports
<input checked="" type="checkbox"/> c. Physical Training	<input type="checkbox"/> k. Educational	<input type="checkbox"/> s. Fabricating	<input type="checkbox"/> aa. Hobbies
<input type="checkbox"/> d. Weapons Firing/Handling	<input type="checkbox"/> l. Information and Arts	<input type="checkbox"/> t. Handling Material/Passengers	<input type="checkbox"/> bb. Passenger
<input type="checkbox"/> e. Engineering or Construction	<input type="checkbox"/> m. Food and Drug Inspection	<input type="checkbox"/> u. Janitorial/Housekeeping/ Grounds Keeping	<input type="checkbox"/> cc. Human movement
<input type="checkbox"/> f. Communications	<input type="checkbox"/> n. Laundry/Dry Cleaning Services	<input type="checkbox"/> v. Food/Drink Preparations	<input type="checkbox"/> dd. Horseplay
<input type="checkbox"/> g. Security/Law Enforcement	<input type="checkbox"/> o. Pest/Plant Control	<input type="checkbox"/> w. Supervisory	<input type="checkbox"/> ee. Bystanding/spectating
<input type="checkbox"/> h. Fire Fighting	<input type="checkbox"/> p. Operating Vehicle or Vessel	<input type="checkbox"/> x. Office	<input type="checkbox"/> ff. Personal Hygiene/Food/Drink Consumption/Sleeping
<input type="checkbox"/> gg. Parachuting (See Instructions DA Pamphlet 385-40)			

(1) Jumper Height	(7) Wind Direction/Speed At Jump Height Drop Zone	(15) Date graduated basic airborne training (YYYYMMDD)
(2) Jumper Weight		
(3) Type of Jump	(8) Jump Altitude	(16) Type of Aircraft
(4) Parachute Type/Model	(9) Position in Slick	
(5) Equipment	(10) Door Exited	(17) Accident factors (parachute): (Explain as necessary)
	(11) Time pre-jump conducted	
	(12) Date of Last Jump	
	(13) Type of Last Jump	
(6) Wt. of Equipment	(14) Number of previous jumps	

32. SPECIFIC DESCRIPTION OF ACTIVITY/TASK

BOC Scales was conducting a five mile release run with the rest of the company. BOC Scales was a 1/4 mile away from finishing when he collapsed on the inside of the track. Cadre and students responded with ice sheets, thermal scan and notified E911. BOC Scales stopped breathing shortly after the CLS qualified Cadre arrived and CPR was conducted until EMS arrived about a minute later. BOC Scales was treated by EMS in the ambulance and then quickly transported to MACH. Medical professionals conducted CPR for one hour and thirty minutes and BOC Scales never regained a sustained pulse. (b)(6) stated the cause of death was cardiac arrest and called BOC Scales death at 0841.

33. ON FIELD EXERCISE/NAMED OPERATION		34. ACTIVITY PART OF TACTICAL TRAINING?		38. REQUIRED PROTECTIVE EQUIPMENT		AVAILABLE?		USED?		N/A
<input type="checkbox"/> a. Yes (If YES, specify name of exercise/operation.) <input checked="" type="checkbox"/> b. No		<input type="checkbox"/> a. Yes <input checked="" type="checkbox"/> b. No		CHECK APPROPRIATE BLOCK(S)		YES	NO	YES	NO	
35. Type of training facility being used (Check one)				<input type="checkbox"/> a. Seal belt <input type="checkbox"/> b. Restraint System <input type="checkbox"/> c. Goggles/Glasses/Visor <input type="checkbox"/> d. Gloves <input type="checkbox"/> e. Ear plugs <input type="checkbox"/> f. IBA <input checked="" type="checkbox"/> g. Other (Specify): Reflective Belt <input type="checkbox"/> h. Helmet DOT Approved (If Motorcycle)? Yes <input type="checkbox"/> No <input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/> a. Garrison <input checked="" type="checkbox"/> b. Local training area <input type="checkbox"/> c. Major training area				<input type="checkbox"/> d. NTC <input type="checkbox"/> e. JRTC <input type="checkbox"/> f. CMTC <input type="checkbox"/> g. Std. range facility/live fire <input type="checkbox"/> h. Other (Specify):		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
36. Type of training participating in at the time of accident (Check/specify)				<input type="checkbox"/> a. School (Specify): OFFICER CANDIDATE SCHOOL <input type="checkbox"/> b. UNIT <input type="checkbox"/> (1) Platoon <input type="checkbox"/> (2) Crew <input type="checkbox"/> (3) Individual <input type="checkbox"/> c. On-the-job training <input type="checkbox"/> d. Other (Specify):		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Last time individual received training prior to accident on activity specified in Block 31? (Check one)				39a. INDIVIDUAL LICENSED TO OPERATE VEHICLE/EQUIPMENT?		39b. MANDATORY 4 hr TRAFFIC SAFETY TRAINING		39c. MSF CERTIFIED		
<input checked="" type="checkbox"/> a. 0 - 3 months <input type="checkbox"/> b. 3 - 6 months <input type="checkbox"/> c. 6 - 9 months <input type="checkbox"/> d. 9 - 12 months				<input type="checkbox"/> a. Yes <input type="checkbox"/> b. No <input checked="" type="checkbox"/> c. N/A		<input type="checkbox"/> a. Yes <input checked="" type="checkbox"/> b. No If Yes, Date _____		<input type="checkbox"/> a. Yes <input checked="" type="checkbox"/> b. No If Yes, Date _____		
<input type="checkbox"/> e. 1 - 2 years <input type="checkbox"/> f. More than 2 years <input type="checkbox"/> g. Never <input type="checkbox"/> h. Not applicable				40. DID ALCOHOL USE BY THIS INDIVIDUAL CAUSE/CONTRIBUTE TO THIS ACCIDENT? (Check one)						
				(b)(5) a. Yes BAC %: _____ (b)(5) b. No (b)(5) c. Unknown						

SECTION B - PERSONNEL INFORMATION (Continued)

SCALES, AARON R.

41. If drug use by this individual caused/contributed to this accident, check appropriate block.

(b)(5) a. Prescription (b)(5) b. Illegal (b)(5) c. Over-the-counter (b)(5) d. Supplements (b)(5) e. None

42. Were vision enhancement devices being used? (Check appropriate block.)

☐ a. Yes (Specify type/model in c and d.) ☒ b. No c. TYPE: d. MODEL:

43. Standard/Reference covering activity/task

☐ a. Soldier's Manual (Task No.) ☐ e. Federal/State Law

☐ b. CTT (Task No.) ☐ f. Other (Specify):

☐ c. AR/TM/FM (Specify) ☐ g. None (Go to Block 45.)

☒ d. SOP

44. WAS ACTIVITY/TASK PERFORMED IAW STANDARD/REFERENCE? (Check one)

(b)(5) a. Yes (b)(5) b. No (b)(5)

45. DID INDIVIDUAL MAKE A MISTAKE? (Check one)

(b)(5) a. Yes (b)(5) b. No

46. What was the mistake? How was the activity/task performed incorrectly? (Explain below)

47. Why was mistake made/activity performed incorrectly? (Check all that apply.)

☐ a. Inadequate school training (content/amount) ☐ g. Poor/bad attitude/indiscipline ☐ m. Inadequate written procedures (AR, TM, SOP)

☐ b. Inadequate unit training (content/amount) ☐ h. Lack of rest/sleep ☐ n. Improper supervision

☐ c. Inadequate on-the-job training ☐ i. Effects of alcohol/drugs/illness ☐ o. Other (Specify in narrative)

☐ d. Fear/excitement/anger ☐ j. Inadequate facilities

☐ e. Overconfident in own/others abilities/complacent ☐ k. Inadequate services

☐ f. In a hurry ☐ l. Improper equipment design

48. Time licensed on this vehicle (Check one)

☐ a. Less than one year

☐ b. One to two years

☐ c. Over two years

☐ d. Unlicensed

49. Total AMV driving mileage (Check one)

☐ a. Less than 1,000 miles

☐ b. 1,000 - 5,000 miles

☐ c. 5,000 - 10,000 miles

☐ d. Over 10,000 miles

50a. Total time in unit (Check one)

☒ Less than 8 months

☐ 6 months - 1 year

☐ Over one year

51. WHICH ITEM FROM SECTION C APPLIES TO THE INDIVIDUAL NAMED IN BLOCK 12? (This is needed in order to relate the person in Block 12 to the equipment/vehicle below.)

☐ Item A ☐ Item B ☐ Item C ☐ Other (Specify)

50b. Date Assigned/Hired (YYYYMMDD)

20120513

50c. Date of redeployment from combat zone, if applicable (YYYYMMDD)

SECTION C - PROPERTY/MATERIEL INVOLVED (Whether Damaged or Not)

ITEM A

ITEM B

ITEM C

52. Type of item

53a. Model number

b. Serial number

54. Ownership (DoD, DA, POV, Unit Person)

55. Dollar cost of damage.

56. Rollover protection system installed?

☐ Yes ☐ No ☐ NA☐ Yes ☐ No ☐ NA☐ Yes ☐ No ☐ NA

57. Was this item being towed?

☐ Yes ☐ No ☐ NA☐ Yes ☐ No ☐ NA☐ Yes ☐ No ☐ NA

58. If towed, enter letter for item doing towing.

59. Types of collision codes (Pick up to three from list below and enter in blocks.) (in sequence)

Types of Collisions

- 1- Going forward and collided with moving vehicle
- 2- Going forward and collided with parked vehicle
- 3- Collision while backing
- 4- Collision with pedestrian
- 5- Collision with object (other than vehicle/pedestrian)
- 6- Overturned

- 7- Ran off the road
- 8- Jackknifed
- 9- Going forward and rear-ended moving vehicle
- 10- Going forward and rear-ended parked vehicle
- 11- Collision while turning
- 12- Other (Specify)

SECTION C - PROPERTY/MATERIEL INVOLVED (Whether Damaged or Not) (Continued)

SCALES, AARON R.

60. Component/Part that Failed/Malfunctioned (Complete this section if a materiel failure/malfunction caused/contributed to the accident.)

	ITEM A	ITEM B	ITEM C
a. National Stock Number			
b. Part Number			
c. Describe Part			
d. Manufacturer's Identification Code			
e. EIR/QDR Number			

61. How/Why Part Malfunctioned (Select code from "How" list below and enter in first block; select code from "Why" list and enter in second block.)	HOW	WHY	HOW	WHY	HOW	WHY

How Part Failed/Malfunctioned Codes:

- 1 - Overheated/burned/melted
- 2 - Froze (temperature)
- 3 - Obstructed/pinched/clogged
- 4 - Vibrated
- 5 - Rubbed/worn/frayed
- 6 - Corroded/rusted/pitted
- 7 - Overpressured/burst
- 8 - Pulled/stretched

- 9 - Twisted/torqued
- 10 - Compressed/hit/punctured
- 11 - Bent/warped
- 12 - Sheared/cut
- 13 - Decayed/decomposed
- 14 - Electric current action
- 15 - Unknown/Other
- Blank - Not Reported

Why Part Failed/Malfunctioned Codes:

- 1 - Improper equipment design
- 2 - Inadequate maintenance
- 3 - Inadequate manufacture of equipment
- 4 - Inadequate written procedures (AR, TM, SOP)
- 5 - Improper supervision
- 6 - Unknown
- 7 - Other (Specify in narrative)

SECTION D - ENVIRONMENTAL CONDITIONS INVOLVED

62. Environmental Conditions. (Check environmental conditions present and indicate if conditions caused/contributed to the accident.)

PRESENT	CAUSED/ CONTRIBUTED	CONDITION	PRESENT	CAUSED/ CONTRIBUTED	CONDITION
<input type="checkbox"/>	(b)(5)	a. Clear/dry, visibility unlimited	<input type="checkbox"/>	(b)(5)	k. Wind gust/turbulence
<input type="checkbox"/>		b. Bright, glare	<input type="checkbox"/>		l. Vibrate, shimmy, sway, shake
<input checked="" type="checkbox"/>		c. Dark, dim	<input type="checkbox"/>		m. Radiation, laser, sunlight
<input type="checkbox"/>		d. Fog, condensation, frost	<input type="checkbox"/>		n. Holes, rocky, rough, rutted, uneven
<input type="checkbox"/>		e. Mist, rain, sleet, hail	<input type="checkbox"/>		o. Inclined/steep
<input type="checkbox"/>		f. Snow, ice	<input type="checkbox"/>		p. Slippery (not due to precipitation)
<input type="checkbox"/>		g. Dust, fumes, gasses, smoke, vapors	<input type="checkbox"/>		q. Air pressure (bends, decompression, altitude, hypoxia)
<input type="checkbox"/>		h. Noise, bang, static	<input type="checkbox"/>		r. Lightning, static electricity, ground
<input checked="" type="checkbox"/>		i. Temperature/humidity (cold, heat)	<input type="checkbox"/>		s. Other (Specify)
<input type="checkbox"/>		j. Storm, hurricane, tornado			

SECTION E - ACCIDENT DESCRIPTION/NARRATIVE (From Blocks 10, 46, 47, 61 and 62)

63. The investigation board will report, in narrative form on letter size paper, the facts, conditions, and circumstances as established during the investigation and present this information in accordance with DA PAM 385-40, paragraph 4-4.

64a. PRINTED/TYPED NAME OF PERSON COMPLETING THIS REPORT (b)(6)	64b. RANK (b)(6)	64c. TITLE (b)(6)
64d. SIGNATURE (b)(6)	64e. DATE OF SIGNATURE (YYYYMMDD) 20121206	64f. TELEPHONE NO. (b)(6)
	64g. EMAIL ADDRESS (b)(6)	

SECTION F - CORRECTIVE ACTION AND COMMAND REVIEW

SCALES, AARON R.

65. The investigation board will formulate the findings and recommendations on letter sized paper in accordance with the examples contained in DA PAM 385-40, paragraph 4-3.

66a. PRINTED/TYPED NAME OF COMMANDER

(b)(6)

66b. RANK

(b)(6)

66c. SIGN

(b)(6)

66d. DATE OF
SIGNATURE
(YYYYMMDD)

20121207

66e. TELEPHONE NO.

(b)(6)

66f. EMAIL ADDRESS

(b)(6)

	a. TYPED NAME/EMAIL ADDRESS	b. SIGNATURE	c. TITLE	d. RANK/DATE
67.				
68.				
69.				

SECTION G - SAFETY OFFICE USE ONLY

70. LOCAL REPORT NO.

71. ARMY HEADQUARTERS

72. ACCIDENT TYPE (Check choice)

<input type="checkbox"/> a. Army Motor Vehicle	<input type="checkbox"/> h. Other Army Vehicle	<input type="checkbox"/> o. Personal Injury - Other
<input type="checkbox"/> b. Army Combat Vehicle	<input type="checkbox"/> i. Fire	<input type="checkbox"/> p. Property Damage - Other
<input type="checkbox"/> c. Army Operated Vehicle	<input type="checkbox"/> j. Chemical Agent	<input type="checkbox"/> q. POV - On Official Business
<input type="checkbox"/> d. POV - Not on Official Business	<input type="checkbox"/> k. Explosive	<input type="checkbox"/> r. Space
<input type="checkbox"/> e. Marine Diving	<input type="checkbox"/> l. Missile	<input type="checkbox"/> s. Commercial Carrier/Transportation
<input type="checkbox"/> f. Marine Underway	<input type="checkbox"/> m. Radiation	
<input type="checkbox"/> g. Marine Not Underway	<input type="checkbox"/> n. Nuclear	

73. NAME OF SAFETY POINT OF CONTACT (POC)

74a. PHONE NO. OF SAFETY OFFICER POC
(DSN, Commercial, etc.)75. DATE REPORT
COMPLETED BY
SAFETY OFFICER
(YYYYMMDD)

74b. EMAIL ADDRESS

SECTION H - EXPLOSIVES/AMMUNITION

76. EXPLOSIVE/AMMUNITION INFORMATION:	ITEM 1	ITEM 2	ITEM 3	ITEM 4
a. LOT #				
b. QUANTITY				
c. NET EXPLOSIVE WEIGHT (NEW)				
d. DoDIC/DoDAC				

77. SPECIAL INTEREST

78. SUPPLEMENTAL INFORMATION

Findings and Recommendations

CASE NUMBER: 20120613007

1. FINDING 1

(b)(5)

(b)(5)

(b)(5)

2. RECOMMENDATION 1:

a. Unit-Level Action:

(b)(5)

b. Higher-Level Action: None

c. Army Level Action: None

3. FINDING 2

(b)(5)

(b)(5)

(b)(5)

4. RECOMMENDATION 2:

a. Unit-Level Action:

(b)(5)

b. Higher-Level Action: None

c. Army Level Action: None

5. SPECIAL OBSERVATION 1

(b)(5)

(b)(5)

6. RECOMMENDATION 1:

a. Unit-Level Action:

(b)(5)

(b)(5)

b. Higher-Level Action: None

c. Army Level Action: None

NARRATIVE

CASE NUMBER: 20120613007

1. History of Events.

a. Pre-Accident Phase. This fatality occurred with 3rd Battalion, 11th Infantry Regiment, Officer Candidate School (OCS), 199th Infantry Brigade, Fort Benning, Georgia. The battalion's mission is to train, educate, branch, and commission the best qualified Officers in order to produce agile and adaptive junior officers capable of leading Soldiers upon arrival at first unit assignments. The OCS battalion consists of five companies with 16 assigned permanent Cadre to each company. Each OCS Company is capable of training up to 160 Basic Officer Candidate's (BOC) during a class and conducts up to three classes a year. The Program of Instruction (POI) for OCS is 12 weeks long. A CO started their class on 14 May 2012 and graduated on 02 August 2012. This fatality occurred in week five of the 12 week program.

A CO 3-11 IN class 11-12 began their training with 160 Officer Candidate students. At the completion of the 12 week course 87 Officer Candidates graduated.

During week two, A CO 3-11 IN conducted heat injury training prevention, heat mitigation training, and daily heat injury reaction drills with the candidates. During the reception and integration process, BOCs learn and practice heat injury reaction drills. This process was rehearsed daily though out the duration of the course. It was imperative to prepare BOC to identify and assist Cadre members with heat illnesses. This is conducted as part of the Heat Illness Prevention Program.

In the past 72 hours leading up to BOC Scales death, A CO 3-11 IN had approximately 15hrs of exposure to environmental hazards and conducted approximately 57hrs of indoor periods of instructions and other administrative activities. The following events were executed:

10 June 2012

0800-1600 On Post pass (refit and religious services) – Indoor and Outdoor activities

1700-Dinner - Indoor

1800-2200 CDRs time (Equipment and Barracks maintenance) – Indoor and Outdoor activities

2200-Lights out - Indoor

11 June 2012

0600-0730 Physical Training (ability group run) - Outdoor

0730- 0900 Personal Hygiene - Indoor

0900-1100 Exams at McGinnis-Wickam Hall: Tactics & Ops Review/Exam - Indoor

1100-1200 Write OPORD - Indoor

1200-1300 Lunch - Indoor

1300-1730 Map Reading - Indoor

1730-1830 Dinner - Indoor
1830-1900 OPORD Briefs - Indoor

12 June 2012

0600-0730 Combatives (PLT Trainer) - Outdoor
0730-0830 Personal Hygiene - Indoor
0900-1200 History classes -Indoor
1200-1300 Lunch - Indoor
1300-1600 Army training management system - Indoor
1600-1730 Finance - Indoor
1730-1830 Dinner - Indoor
1800-1900 OPORD Briefs/Study time - Indoor

BOCs are provided with Cera-Sport to help replenish their electrolytes to include Powerade and Gatorade. This is offered to them twice a day regardless of weather conditions. This helps with keeping students hydrated during the 12 week course.

The A CO 3-11 IN Commander signed his approved Composite Risk Management Worksheet (CRMW) on the 04 June 2012 for the 5-mile release run. He specifically addressed heat injury prevention IAW MCoE Regulation 40-14, dated 16 October 2012 and 199th IN BDE SOP #13 dated 21 July 2011. The Company also completed the concept of operations brief prior to the training event to ensure that all Cadre members and BOCs understood the task, purpose, end state and risk management plan for the 5-mile release run graded event.

Company mission: A CO 3-11 IN conducts 5-mile release run on 13 0600 JUN 12 in order to evaluate and improve the physical stamina and fitness of each Officer Candidate.

Commander's Intent: Male Candidates maintain a 08:30 pace. Female Candidates maintain a 09:15 pace. Candidates complete the run with zero failures or injuries.

Concept of the Operation: A CO 3-11 IN first formation will be held at the barracks and will conduct stretching prior to moving to Stewart-Watson Field. A CO 3-11 IN will walk in formation to Stewart-Watson Field to conduct a 5-mile release run. Cadre will brief Action, Conditions, and Standards for the 5-mile release run at Stewart-Watson field. Upon completion of the 5-mile release run A CO 3-11 IN will conduct cool down stretching to prevent injuries. Cadre members will record all finish times and prepare for a police call and then move back to the barracks for personal hygiene.

Timeline:

0520 – First Formation - Outdoor
0530 -- Stretching - Outdoor
0545 – Movement to Track - Outdoor
0600 – Start 5-mile run - Outdoor
0700 – Cool down stretching - Outdoor

Medical Plan: A CO 3-11 IN will bring 3x Ice Sheet Coolers, 3x CLS Bag, 2x CLS certified Cadre, 6x Thermo-scans, 4x Water Cans, and 1x Gatorade/Water Cooler. This equipment will be staged at the predetermined location on Stewart-Watson Field (See Tab 14).

b. Accident Phase: On 13 June 2012, A CO 3-11 IN was conducting a 5-mile release run on Stewart-Watson field on Fort Benning, GA to meet the graduation requirements for OCS. The weather conditions for that morning were clear skies, temperature of 70°F, with a humidity of 100%, and zero winds. Uniform for physical training was the Summer Army Physical Fitness Uniform (APFU) with a reflective belt and camelback. BOC Scales was present for his first formation at 0520, Stretching at 0530, and movement to Stewart-Watson Field at 0545 with no indication of any medical problems.

A CO 3-11 IN Cadre addressed the student body at Stewart-Watson Field to give them their Action, Condition, and Standards prior to the students starting the 5-mile run. This included three start and end lines for each platoon; location of the time clock, location of the medical supplies/Ice Sheets, Action, Conditions, Standards, and a Safety Brief. Cadre members were located at the three start and finish points along the north side of Stewart-Watson Field (refer to Tab 4).

On 13 0600 June 2012, A CO 3-11 IN executed a graded 5-mile individual release run on Stewart-Watson Field. Approximately at 0658, a quarter of a mile from the finish line, BOC Scales was observed by other Candidates swaying and crisscrossing on the running track. His peers running behind him noticed his body language had drastically changed and instantly knew that he needed help completing the run. BOC Scales fell to his hands and knees, twice within 10 to 15 feet. An Officer Candidate helped him up both times. BOC Scales continued to run for an estimated 35 to 50 meters before collapsing for the third time. Two Officer Candidates moved to assist BOC Scales and noticed that his skin was pale, he was not perspiring, and he had become incoherent.

c. Post Accident Phase: The Officer Candidates began pouring water on him to bring the body temperature down while yelling “man down, man down, man down”; which was echoed by everyone participating in the run at approximately 0700. Immediately, the Chain of Command ran to that location while providing instructions to other BOCs. BOC Scales’ initial thermo-scan reading was 101.1°F, E911 was called immediately at 0700. Candidates in the immediate area that had completed the 5-mile release run assisted in first aid by pouring water on BOC Scales until the Ice Sheets and coolers arrived from the three designated start and finish lines. As the Ice Sheets arrived they immediately began to administer the proper Ice Sheet standard operating procedure (refer to Tab 7b).

His breathing and pulse became shallow approximately one minute after the execution of the Ice Sheet standard operating procedure (SOP). BOC Scales had stopped breathing and lost his pulse. The Company Commander immediately began Cardiopulmonary Resuscitation (CPR)

at approximately 0705. Emergency Medical Services (EMS) arrived at 0707 and relieved the Company Commander to take control of the Officer Candidate. BOC Scales was loaded into the ambulance by the paramedics and the Company Commander. One paramedic began to prepare his airway while the Company Commander continued CPR on BOC Scales at approximately 0710. The other paramedic took BOC Scales initial body core temperature reading, which was 107°F. Shortly after, another medical team from the fire department arrived at Stewart-Watson Field and relieved the Company Commander. BOC Scales was evacuated to the Martin Army Community Hospital (MACH) at 0715 for further treatment. MACH Emergency room attempted to resuscitate BOC Scales for approximately 1 hour and 40 minutes. Unfortunately BOC Scales was unable to be resuscitated and passed away. Time of death was recorded at 0841.

3-11 IN completed a Fatality After Action Review (FAAR) within 14 days of BOC Scales' death. The unit took proper steps to document all events that took place prior to the run and events leading up to his death. The unit promptly gathered sworn statements from all individuals involved in his immediate care and from those who were in eye sight of him during the run. The unit compiled this information to identify causes or contributing factors, avoid reoccurrence, take necessary leader corrective actions and inform the Chain of Command of the facts that lead to the death of BOC Scales on 13 June 2012.

The following key information was gathered from the units FAAR. Even though it was 100% humidity on that morning all BOCs were properly hydrated prior to the run to reduce the risk for a heat illness. There was no observed or documented increase in stress 72 hours prior to the fatality. BOC Scales exhibited no outward signs and symptoms that would lead his classmates or Cadre to suspect any physical or mental issues that would have prevented him from completing the 5-mile run, BOC Scales properly ate and hydrated, conducted predominately indoor classroom activities, and obtained adequate rest at night. BOC Scales was acclimatized to the Fort Benning area.

An autopsy was conducted on BOC Scales on 14 1300 June 2012 at MACH. The Final autopsy report was dated 16 October 2012 and was distributed to the MCoE Safety Office in November 2012. The autopsy results state

(b)(6)

(b)(6)

2. Human Factor Investigation.

a. Personnel Background/Management.

(1) OC Aaron R. Scales was assigned to 3rd Platoon, Alpha Company, 3rd Battalion, 11th Infantry Regiment, 199th Infantry Brigade. OC Scales was a 34 year old male from Pittsburgh, Pennsylvania. Prior to enlisting in the Army in March 2009, he worked as a Project Manager and Superintendent in Residential and Commercial Construction. OC Scales was promoted to the rank of Sergeant on 01 December 2010 and deployed in support of Operation Enduring Freedom

2011. Shortly after his return from deployment, he applied and was selected to attend the Army Officer Candidate School at Fort Benning, Georgia. Five weeks into his training at OCS, he unexpectedly suffered from Hyperthermia (Heat Stroke) on the 5-mile graded release run at Stewart-Watson Field which resulted in his death.

b. Vehicle/System/Equipment Survivability: N/A

c. Communications: A CO 3-11 IN taught and practiced heat illness prevention on a daily basis. Prior to the 5-mile run a safety brief was given and the action, condition, and standards were emphasized. A CO 3-11 IN had conducted radio checks prior to the 5-mile run and ensured that all working cell phones were full charged and functional. There were no delays in reporting that were encountered during this fatality. E911 was contacted and EMS responded to Stewart-Watson Field promptly.

d. Meteorological Information: The weather conditions for that morning was clear skies, temperature of 68° F, with a humidity of 100%, and zero winds (refer to Tab 11).

e. Support and Services: A CO 3-11 IN had medical supplies and trained combat life saver (CLS) Cadre who are present during all training events to include the 5-mile run for medical assistance in the event of an accident or injury. A list of materials for Class I (rations), II (expendables), IV (barrier materials), and VIII (medical) can be located on the Concept of the Operations Brief (refer to Tab 14). A CO 3-11 IN had sufficient resources or materials to conduct the required training.

f. Accident Survivability: (b)(5)

BOCs are taught how to execute the ice sheet SOP under the control and supervision of OCS Cadre. They know the basic indicators of heat illness; (b)(5)
They rehearse and practice the ice sheet SOP drills weekly throughout training. (b)(5)

(b)(6)

(b)(5) There were no other prior indications that pointed to BOC Scales being susceptible to heat illnesses. The probability of his actual survivability cannot be determined at this time.

g. Rescue Operations: All attempts to lower BOC Scales body core temperature were performed to standard. A CO 3-11 IN applied ice sheets to all major arteries and poured cool water over his body. Once BOC Scales stopped breathing the Company Commander started CPR until EMS arrived and relieved him with emergency medical personnel and equipment in the ambulance. The Company Commander assisted the EMS crew by continuing CPR in the

ambulance while the other crew member took BOC Scales body core temperature. The EMS crew continued to prepare BOC Scales for transport and continued resuscitation efforts. Upon arrival of another paramedic crew from the fire department on site, they relieved the Company Commander and transported BOC Scales to MACH. Medical professionals made all efforts possible to resuscitate and revive BOC Scales.

h. Witness Interview: The accident investigation board interviewed 12 Soldiers. Summaries of the interviews are included in Tab E.

3. Material Factors Investigation.

a. Vehicle/System/Equipment Worthiness. N/A

b. System. N/A

c. Engine. N/A

d. Transmission. N/A

e. Laboratory Analysis. N/A

f. Accident site information. This fatality took place at the northeast section of the Stewart-Watson Field located on Fort Benning GA at grid coordinate GA 9180. This portion of the track is directly adjacent to Eckel Avenue. The running surface is approximately 6m wide and made from a crushed stone. There were no unusual characteristics or degraded sections of the running track.

g. Fire. N/A

4. Analysis. After analyzing command, human, material, and environmental data collected during the investigation, the board concluded the fatality was caused by (b)(5)

(b)(5)

(b)(5)

The weather for that morning was 68° F, 100% humidity, zero winds, and clear skies. (b)(5)

(2) Non-meteorological Conditions: Running surface is approximately 6m wide and made from a crushed stone. (b)(5)

(b)(5)



DEPARTMENT OF THE ARMY
HEADQUARTERS UNITED STATES ARMY MEDICAL DEPARTMENT ACTIVITY
7950 MARTIN LOOP
FORT BENNING GEORGIA 319-5837



MCXB-PM

5 March 2013

MEMORANDUM FOR RECORD

SUBJECT: U.S. Army Installation Accident Investigation (IAI) Board (Safety)

1. The purpose of this MFR is to document the medical summary of events surrounding the death of BOC Aaron Scales while participating in unit physical training on 13 June 2012. The information presented in this summary is a compilation of data retrieved from witness reports, electronic medical records, autopsy findings, and information obtained by the investigating safety officers.

2. Medical Summary:

a. BOC Scales was conducting a 5-mile release run with his unit on 13 June 2013 at 0700 when he collapsed with approximately ¼ mile remaining. Witnesses reported that BOC Scales appeared confused and disoriented initially after collapsing but then soon became unresponsive and stopped breathing. An initial thermal scan indicated a temperature of 101° F. A core temperature obtained by reporting EMS personnel was 107° F and a core temperature obtained at the Martin Army Community Hospital (BMACH) Emergency Room was 105° F. Following repeated attempts at resuscitation, BOC Scales was pronounced dead due to cardiac arrest at BMACH at 0841.

(b)(6), (b)(5)

(b)(5)

3. Recommendations:

(b)(5)

4. Point of contact for this memorandum is the undersigned at (b)(6) or

(b)(6)

(b)(6)

(b)(6), MC

(b)(6)

Martin Army Community Hospital

DISTRIBUTION:

President, AIB

Chief of Staff

MCoE Safety Office

TRADOC

CRC

TECHNICAL REPORT OF U.S. ARMY GROUND ACCIDENT SUMMARY OF WITNESS INTERVIEW For use of this form see DA Pamphlet 385-40, the proponent agency is OCSA.		REQUIREMENTS CONTROL SYMBOL CSOCS-308	
1. NAME OF WITNESS (LAST, FIRST, MI)	2. OCCUPATION/TITLE MCofE Safety Office	3. GRADE	4. DATE OF BIRTH
5. ADDRESS (Include ZIP Code) (If military, include organization) 6811 Vibbert Ave. BLDG 18 Ft. Benning GA, 31905		6. TELEPHONE NUMBER (Duty/Work)	
8. EXPERIENCE AND BACKGROUND		7. DATE OF INTERVIEW (YYYYMMDD)	
9. LOCATION AT TIME OF ACCIDENT Stewart Watson Field		10. INTERVIEWER (Name and Grade)	
11. Promise of confidentiality. A promise of confidentiality can only be offered in Limited Use Investigations, which normally are not ground accidents. For exception, see AR 385-10, paragraph 3-10 a. Was a promise of confidentiality offered to the witness? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (If yes, read blk 14a to the witness and complete blk 15. If no, read blk 14b to the witness.) b. Confidentiality was requested by the witness. <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No (If Yes, interviewer sign and date statement below) <p style="text-align: center;">THE WITNESS MADE THIS STATEMENT UNDER A PROMISE OF CONFIDENTIALITY.</p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> AIB Witness Summary _____ SIGNATURE OF INTERVIEWER </div> <div style="text-align: center;"> _____ DATE (YYYYMMDD) </div> </div>			
12. SUMMARY OF INTERVIEW Approximately, 130600June2012, Alpha Company 3-11th Officer Candidate School (OCS) executed a graded five mile individual release run on Stewart-Watson Field. It is a Period of Instruction (POI) graduation requirement. Approximately, a quarter of a mile from the finish line, Officer Candidate (OC) Scales was observed by other Candidates swaying and crisscrossing on the running track. Peers running behind him noticed his body language and instantly knew that he needed help completing the run. OC Scales fell to his hands and knees, twice within 10 to 15 feet. An Officer Candidate helped him up both times. He ran for an estimated 35 to 50 meters before collapsing for the third time. Two Officer Candidates noticed that his skin was pale, had stopped sweating and became incoherent. They began pouring water on him to bring the body temperature down while yelling "man down, man down, man down"; which was echoed by everyone participating in the run. Immediately, the Chain of Command ran to that location while providing instructions to other OCs. OC Scales' initial thermo scan reading was 101.1 degrees Fahrenheit, E911 was called immediately. All candidates in the immediate area continued to pour water until the ice sheets and coolers arrived. They immediately began to administer the ice sheet standard operating procedure (refer to Tab 7b). BOC Scales had stopped breathing and lost his pulse approximately one minute after the execution of the Ice Sheet standard operating procedure (SOP). The Company Commander immediately began Cardiopulmonary Resuscitation (CPR). Emergency Medical Services (EMS) arrived and relieved the Company Commander to take control of the Officer Candidate. BOC Scales was loaded into the ambulance by the paramedics and the Company Commander. As BOC Scales was loaded into the ambulance he lost his pulse. One paramedic began to prepare his airway while the Company Commander administered CPR to BOC Scales. The other paramedic took BOC Scales initial body core temperature reading, which was 107°F. Shortly after, another medical team from the fire department arrived at Stewart-Watson Field and relieved the Company Commander. BOC Scales was evacuated to the Martin Army Community Hospital (MACH) for further treatment.			
13. DATE OF ACCIDENT (YYYYMMDD)			

**TECHNICAL REPORT C . . . S. ARMY GROUND ACCIDENT
INDEX A**

For use of this form, see DA Pamphlet 385-40; the proponent agency is OCSA.

REQUIREMENTS CONTROL SYMBOL

CSOCS-308

1. DATE OF ACCIDENT (YYYYMMDD)

20120613

2. TAB	Information	Encl	Not Applic	See Remarks
1	Serious Incident/Casualty Report	✓		
2	Copy of Orders Appointing Investigating Board	✓		
3	Map of Accident Site	✓		
4	Diagrams and/or Photographs	✓		
5	Certificate of Damage/ECOD		✓	
6	Copy of Deficiency Reports		✓	
7	Copy of Directives, Regulations, Etc.	✓		
8	Special Technical Reports and Laboratory Analysis		✓	
9	Copy of Uncorrected Fault Record		✓	
10	Copy of Equipment Modification Record (DA Form 2408-5)		✓	
11	Weather Data	✓		
12	Medical Data (Autopsy, Toxicology, AFIP, etc.) (In USACRC copy only)	✓		
13	Other (Specify) Biography, ERB, School & Performance Counseling ✓	✓		
14	Other (Specify) Training Schedules, Concept of Operation Brief & Risk Management Worksheet	✓		
15	Other (Specify) 3-11th OCS (Officer Candidate School), Physical Fitness POI & TSP	✓		
16	Other (Specify) MFR, Subject: Standards of Conduct for Physical Readiness Training, 15 March 2012	✓		
17	Other (Specify) MFR, Subject: Fatality After Action Review and Brief, 6 February 2013	✓		
18	Other (Specify) MFR, Subject: MCoE Composite Risk Management Policy, 20 March 2012	✓		

3. REMARKS

7a. Memorandum, Subject: Policy Memorandum 20, Heat Prevention, 8 June 2011

7b. Memorandum, Subject: SOP # 13, 199th Infantry Brigade Safety & Composite Risk Management

7c. Excerpt: MCoE Regulation No. 40-14, Medical Services, Prevention of Heat & Cold Weather Illness, 16 October 2012

7d. Excerpt: TRADOC Regulation 350-29, Training, Prevention of Heat and Cold Casualties, 6 July 2012

From: CDRMCOE Ft Benning GA// AFZB-SG //
To: CDRUSATRADOE Ft Monroe VA//ATTG-ZOO
monr.eocwatch@conus.army.mil
Info: IMCOM Opns Ctr

Subject: OPREP # BENNA131430JUN12-1

1. Category: 2

2. Type of incident: Fatality (Undetermined Manner of Death) – Soldier pronounced dead at Martin Army Community Hospital at 130841JUN12.

3. Date/time of incident/DTG Received in IOC: 130841JUN12

4. Location: A Co 3-11 (OCS), Stewart Watson Field, Fort Benning, GA

5. Other information:

- a. Racial:** No
- b. Trainee involvement:** Yes

6. Personnel involved:

a. Subject

- (1) Name:** Scales, Aaron R.
- (a) Pay grade:** Basic Officer Candidate
- (b) SSN:** XXX-XX-(b)(6)
- (c) Race:** African American
- (d) Sex:** Male
- (e) Age:** 34
- (f) Position:** Office Candidate
- (g) Security Clearance:** Secret
- (h) Unit and station:** A Co, 3-11th IN (OCS), Fort Benning, GA
- (i) Duty Status:** PDY

7. Summary of incident: At approximately 13 0700 JUN 12, BOC Scales was conducting the 5 Mile Release Run with A Co, 3-11th IN (OCS). BOC Scales was a ¼ mile away from finishing the run when he collapsed on the PT track. Cadre and students immediately responded with ice sheets and a thermal scan while E911 was notified. BOC Scales stopped breathing shortly after the CLS- qualified Cadre arrived (approx 0705). (b)(6) applied CPR until EMS arrived approximately two minutes later. BOC Scales was treated by EMS in the ambulance and then quickly transported to MACH. SM never regained a sustained pulse or consciousness despite medical professionals conducted CPR for 1 hour and thirty minutes. The Chain of Command is prepared to assist family following notification. Chain of Command is active with counseling and support of Soldiers in unit at this time. CG has directed a 15-6 investigation.

8. Remarks:

- (a) **Next of Kin Notification:** Pending
- (b) **Soldier Deployed w/in last year:** No
- (c) **Were seatbelts worn:** N/A
- (d) **Was alcohol involved:** No
- (e) **Was personal protective gear/equipment worn:** Yes, PT Uniform with Reflective belt
- (f) **Any previous medical history:** No
- (g) **Were Combat Lifesavers present:** Yes
- (h) **Was CPR performed at the scene:** Yes
- (i) **Anyone notice anything different concerning Soldier's performance:** No
- (j) **Times leading up to Soldier's Death:** No
 - (1) **Time CPR started:** 0705
 - (2) **Time 911 called:** 0700
 - (3) **Time EMS personnel arrived on scene:** 0707
 - (4) **Time EMS departed scene en route to hospital:** 0715
 - (5) **Time EMS arrived at hospital:** 0720
 - (6) **Time Soldier pronounced dead:** 0841
- (k) **Soldier's Component:** TRADOC
- (l) **Ages/gender of family members:** Wife (b)(6), 6 Kids between the ages of 2 and 13 yrs (5 x girls and 1 boy)
- (m) **Type of Training:** Physical Training – 5 Mile Release Run
- (n) **Phase of Training:** Basic Phase, Week 5
- (o) **Weather conditions at time of incident:** 70 degrees F, WBGTi 73 degrees F
Air Temp
- (p) **Other factors contributing to the incident:** N/A

9. Publicity: Local publicity is not anticipated

10. Commander Reporting: (b)(6) on behalf of MG McMaster.

11. Point of Contact: See 10 above at (b)(6) or (b)(6)



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS UNITED STATES ARMY MANEUVER CENTER OF EXCELLENCE
1 KARKER STREET
FORT BENNING, GEORGIA 31905-5000

ATZB-SO

16 January 2013

MEMORANDUM FOR Commander, United States Army Maneuver Center of Excellence,
Fort Benning, GA 31905

SUBJECT: Accident Investigation Board Appointment Orders

1. References:

- a. AR 385-10, U.S. Army Safety Program, 4 Oct 11.
- b. DA Pam 385-40, Army Accident Investigations and Reporting, 25 Feb 10.

2. The purpose of the board is to gather and evaluate evidence, determine causal and/or contributing factors, and prepare findings and recommendations to prevent future accidents. This investigation is for prevention only and takes precedence over any collateral investigations. Individuals will be released from all other duties for full-time participation in the subject investigation.

3. The following individuals are appointed as the accident investigation board members:

BOARD PRESIDENT: (b)(6) (b)(6), Bldg18, Vibbert
Avenue, Fort Benning, GA 31905. (Voting)

BOARD RECORDER: (b)(6), (b)(6), BLDG 18, Vibbert
Avenue, Fort Benning, GA 31905. (Voting)

BOARD MEDICAL ADVISOR: (b)(6) (b)(6), MD, Bldg 2616,
Fort Benning, GA 31905. (Voting)

4. The accident investigation board will conduct an investigation of the training accident/fatality that occurred on 13 Jun 12. The fatality occurred at Stewart-Watson field. The Soldier was assigned to Alpha Company, 3^d Battalion, 11th Infantry Regiment (OCS), 199th Infantry Brigade, Fort Benning, GA.

5. These appointment orders are subject to subsequent amendment/augmentation to include additional subject matter experts.

ATZB-SO

SUBJECT: Accident Investigation Board Appointment Orders

6. In accordance with the Health Insurance Portability and Accountability Act (HIPAA) (Public Law 104-191 enacted by Congress on 21 Aug 96), I delegate my authority as a military commander to members of the board to access protected health information about individuals who are Armed Forces personnel when it is deemed necessary by the board president to assure the proper investigation of this accident.

7. The POC is (b)(6), (b)(6), at (b)(6), (b)(6).

FOR THE COMMANDER:

(b)(6)
(b)(6) Infantry
(b)(6)

DISTRIBUTION:

1-Cdr, 199th

1-Director, MCoE Safety Office

1-Board Members



Unit: A Company, 3/11th OCS

Task: Release Run, 5 Miles, 3 Platoons

Date: 13 0700 June 12

Legend:

1. Location of OC Scales
 2. Location of emergency vehicle w/ equipment, weather monitoring device, ice sheets, cls bag, stretcher
 3. Location of CDR and 1SG
 - A. Finish Line 1
 - B. Finish Line 2
 - C. Finish Line 3
- Each Finish Line had ice sheets, CLS bag, Thermometers



DEPARTMENT OF THE ARMY

HEADQUARTERS, 3-11 INFANTRY
(OFFICER CANDIDATE SCHOOL)
6510 BENJAMIN AVE
FORT BENNING, GEORGIA 31905

REPLY TO
ATTENTION OF

ATSH-TPC

8 June 2011

MEMORANDUM FOR RECORD

SUBJECT: Policy Memorandum 20 (Heat Prevention)

1. REFERENCES:

- a. TB MED 507, 7 Mar 03, Heat Stress Control and Heat Casualty Management
- b. TRADOC Regulation No. 350-29, 16 Jul 03, Prevention of Heat and Cold Casualties
- c. USAIC Regulation No. 40-14, Rev 15 Mar 06, Prevention of Heat Injury
- d. USAIC Policy Letter No. 40-14-5, 05 Jan 06, Prevention of Heat Injury
- e. Heat Injury Training for Leaders, 12 Mar 06, Prevention of Heat Injury
- f. 199th Infantry BDE, 3 Jul 07, Prevention of Heat Injury SOP

2. PURPOSE: To provide a command directive that promotes prevention, proactive treatment and evacuation of heat casualties.

3. POLICY:

- a. Leaders prevent heat injuries. The consequences of a heat injury can be profound. Permanent complications, including death, are possible. Leaders are responsible for conducting daily risk assessments on the FB 26 IAW enclosure 1.
- b. This Risk Management Worksheet is applicable for all training events (field exercises, physical training, holidays, weekends, etc.). All 3rd Battalion, 11th Infantry Risk Management Worksheets will include extreme temperature as a risk, and the proper mitigating procedures to counter the risk.
- c. The Risk Management Worksheet will be at training events. The unit commander, OIC or NCOIC will brief all Soldiers conducting the training on the measures to counter the risk.
- d. Units will have a minimum of two quarts of water for each Soldier and cadre member at all training events. Units may use water buffalos, 5 gallon water cans, canteens, and camel backs. A minimum of two quarts of water will be available for each Soldier conducting the training.
- e. A designated current Combat Lifesaver will be on site for all training at the platoon level and higher. The combat lifesaver will have a combat lifesavers bag with an IV and starter kit.
- f. Units will ensure that communications are in place to all elements to enable medical evacuation procedures. The use of cell phones, or brick radios is authorized. MACOM E911 is the preferred method of communication. Direct communications from every subordinate unit through its company to its battalion is mandatory.

g. Units will have complete ice sheets available at all physical training, road marches, and all collective training events. Ice sheets will be used from March to November. From November to March the Company commander will use discretion to have ice sheets at training events. Each platoon will maintain a minimum of one ice chest, composed of a commercial cooler filled with at least 10 standard bed sheets. Prior to placing the sheets in the cooler, the unit will soak each sheet in water, wring them out, and place them inside the cooler and fill cooler with 1/3 water and 2/3 ice.

h. All leaders will conduct spot checks and make on the spot corrections. Leaders will assign a full time safety officer or NCO to monitor compliance with all risk management work sheets. Look for heat injury indicators.

i. Cadre will maintain a current list of Candidates taking any type of medications and those with previous heat injuries, and will require Candidates to inform Cadre of medication they are currently taking. Cadre should also inform the Candidates of the heat casualty-producing effects of medications, vitamins, and PT supplements. Cadre will evaluate all Candidates who are currently taking medication or were previous heat casualties, and make a specific assessment of the risk in that candidate's participation in the event.

j. Throughout the training, units will monitor the wet bulb to establish relative humidity. Based on the relative humidity and air temperature, the senior cadre member will set the heat category. Throughout each training event, the unit will maintain a DA Form 1594 of all wet bulb readings.

k. Treatment: One individual (a combat lifesaver or medic) will be in charge of evaluating, treating, and monitoring the casualty until the casualty improves, is evacuated, or a more experienced care giver assumes responsibility.

(1) When a Candidate is suspected of heat illness, notify Battalion and immediately do the following:

(a) Loosen clothing.

(b) Place the casualty in the prone in the shade.

(c) Apply ice sheets. One ice sheet will be placed in the groin, one in each armpit, one around the head (leaving the face uncovered), and one or more covering the torso.

(d) If the casualty is conscious, provide fluids by mouth (1 quart per 30 minutes).

(e) If the casualty is seriously ill or unstable, administer an IV while awaiting evacuation. Give no more than 500 milliliters.

(f) Monitor the casualty's temperature every 10 minutes.

(g) If the casualty improves within 30 minutes, he/ she will be restricted to limited indoor duty for the rest of the day. The following morning, the casualty will go to sick call and will not conduct PT. The casualty must receive medical treatment within 24 hours.

(h) Evacuate the casualty if he/she does not improve within 30 minutes.

(2) When two or more Soldiers suffer heat injury, halt all training or operations and evaluate all Soldiers at the training event. The OIC/NCOIC of the event will modify the event or reevaluate the procedures to mitigate risk.

l. Evacuation: All cadre will treat potential heat injuries as emergencies. If any of the following occur, immediately evacuate the casualty.

- (1) Thermal scan temperature of 101 or higher
- (2) Vomiting
- (3) Change of mental status: combative behavior, disoriented, confused
- (4) Unconsciousness

m. Reporting requirements. All heat related injuries are CCIR.

- (1) Upon initiation of cadre/CLS care for heat injury, the unit will notify the Battalion chain of command immediately.
- (2) Upon initiation of CASEVAC, the unit will notify Battalion and begin OPREP reporting procedures.
- (3) Upon admittance to Martin Army Community Hospital (MACH), the unit will notify Battalion by phone and with an initial OPREP.
- (4) Upon release from MACH, the unit will report with a follow up OPREP to Battalion.
- (5) Units will maintain 100% accountability and current status of all heat related casualties. Units will maintain contact with MACH if a Soldier is admitted and will report to the Battalion on the Soldier's status and once the Soldier is released.
- (6) The cadre member/company who provided treatment to the potential injury will initiate the OPREP within one hour and send to Battalion.
- (7) The heat reference card dated 31 Mar 06 will be carried by all cadre members in the battalion. Each leader will keep this card during all training as a reference for prevention, treatment and reporting of potential heat injuries.

4. POC for this memorandum is the Battalion Operations Officer at (b)(6)

(b)(6)

LTC, IN
Commanding

DISTRIBUTION:
CDR, A CO, 3-11 IN
CDR, B CO, 3-11 IN
CDR, C CO, 3-11 IN
CDR, D CO, 3-11 IN
CDR, E CO, 3-11 IN
CDR, HHC, 3-11 IN
IG, USAIC

ATSH-TP

SUBJECT: SOP #13 (199th Infantry Brigade Safety and Composite Risk Management)

11. This SOP will be present at all training events. It is also an inspectable item.

12. PROPONENT: 199th Infantry Brigade S-3 @ (b)(6)

(b)(6)

(b)(6), IN

(b)(6)

DISTRIBUTION:

1-11TH IN

2-11TH IN

3-11TH IN

1-507TH PIR IN

ANNEX A. Hot Weather SOP

ANNEX B. Cold Weather SOP

ANNEX C. Lost Soldier / Student SOP

ANNEX D. Lighting SOP

ANNEX E. Wildlife Safety

ANNEX F. 199TH Combat Readiness Safety Policy and Strategic Plan

ANNEX G. Safety Awards Incentives Program

ANNEX H. 199th Motorcycle Safety Policy

ANNEX I. Standardized Marking of Soldiers at Risk

ANNEX A: Hot Weather SOP

1. References:

- a. TB MED 507, 7 Mar 03, Heat Stress Control and Heat Casualty Management
- b. TRADOC Regulation No. 350-29, 16 Jul 03, Prevention of Heat and Cold Casualties
- c. USAIC Regulation No. 40-14, Rev 15 Mar 06, Prevention of Heat Injury
- d. USAIC Policy Letter No. 40-14-5, 05 Jan 06, Prevention of Heat Injury
- e. Heat Injury Training for Leaders, 12 Mar 06, Prevention of Heat Injury
- f. TRADOC Reg 350-6
- g. TRADOC Memorandum, Subject: TRADOC FY09 Heat Injury Prevention Plan, 5 Feb 09

2. Purpose: To establish policy on the prevention and treatment of heat injuries. The 199th Infantry Brigade conducts operations and training in high heat and humid conditions throughout much of the year. Heat injuries pose a serious threat to successful mission completion, cadre and students. Heat injuries can cause permanent profiles, and lead to death or permanent disability of a Soldier. Heat injuries are prevented by education, supervision, judgment and command influence.

3. Preparation and Training:

a. Leaders prevent heat injuries. All leaders will be trained on the cumulative effects of heat (Enclosure 5), preparing daily risk assessments, DA Form 7566 Composite Risk Management Work Sheet (CRMWS), and understand their responsibility to mitigate the risk of heat injuries by changing training conditions and standards when necessary.

b. Battalion and company commanders will review CRMWS annually, or as required, for all POI events prior to 31 March to ensure that they include heat injuries as a hazard and specific controls to mitigate heat injuries.

c. Battalions will ensure that they have a system in place to make daily heat mitigation decisions.

d. Review and revise SOP's as required to incorporate lessons learned annually NLT 31 March.

e. Units will conduct annual training on heat injury prevention and treatment for all cadre which has to be completed annually NLT 31 March, to include:

- (1) Heat Injury Training for Leaders Brief (See Enclosure 5)
- (2) Ice sheet application and drills for each cadre member
- (3) Wet bulb operation
- (4) Evacuation procedures and drills for each cadre member
- (5) CLS certifications are current (not less than 1 per PLT)

(6) Maintain one AED/CPR certified cadre per PLT

f. All students in training from 1 April – 1 October will receive training on heat injury prevention, the recognition of heat injury symptoms and use of the buddy system.

4. Execution:

a. Leaders.

(1) The OIC or NCOIC is responsible for conducting daily risk assessments prior to training and having the CRMWS at all training events. All The 199th Infantry Brigade CRMWS will include heat injuries as a hazard and include specific controls to mitigate heat injuries. Take the cumulative effects of heat into account when conducting daily risk assessments.

(2) The OIC or NCOIC will brief all Soldiers conducting the training on risk control measures.

(3) The OIC or NCOIC will inspect to ensure that adequate safety gear is on hand and serviceable prior to training events. Ice sheets, CLS bag and commo will be present for all PT, road marches and collective training.

(4) The OIC or NCOIC will set the heat category for the training site based on WBGT readings.

(5) Reinforce with all cadre that any cadre member is authorized to act at any time to adjust conditions/standards due to extreme heat conditions as required to prevent heat injury.

(6) Plan training to conduct strenuous activity during alternate times to avoid the heat of the day when possible.

(7) During periods of prolonged heat or strenuous activity over several days when the cumulative effects of heat are an issue, include "heat dumping" in training plans.

(8) When two or more Soldiers are evacuated as a result of a heat injury, halt operations or training and evaluate all Soldiers. The OIC or NCOIC of the event will reevaluate the training to mitigate the risk.

(b)(6)

(9) Conduct ice sheet and evacuation drills as required from 1 April – 1 October to maintain cadre proficiency.

(10) Conduct AARs with cadre on all drills and actual evacuations to disseminate lessons learned.

b. Cadre.

(1) Maintain proficiency on required hot weather training. All cadre will have the 199th Infantry Brigade Leader's Heat Reference Card (Enclosure 3) on hand from 1 April – 1 October. If CLS certified, maintain currency.

(2) Designated CLS for a training event will inspect contents of the CLS bag to ensure contents are complete to include IV. Conduct an inspection of the ice sheets to ensure they are IAW the Regiment SOP (Enclosure 1).

(3) Review the CRMWS and daily risk assessment to ensure that you are familiar with hazards and controls to mitigate risk at each training event.

(4) Maintain a minimum of two quarts of water for each Soldier and cadre member at all training events.

(5) Maintain a log of hourly WBGT readings when the ambient air temperature is above 75 degrees F.

(6) Cadre will track their students for individual heat risk using Heat Risk Prediction Tool (Enclosure 4). Mark all prior heat injuries IAW battalion SOP.

(7) Monitor the condition of Soldiers in training and make recommendations to the OIC and NCOIC to prevent heat injury.

(8) Treat heat casualties IAW the instructions in the Heat Injury Training for Leaders Brief (Enclosure 6) and the 199th Infantry Brigade Ice Sheet SOP (E

5. Reporting: All heat related injuries are CCIR for the Brigade

(b)(5)

a. Notify chain of command immediately for all heat injuries

b. Upon initiation of MEDEVAC, the Battalion will notify Brigade and begin OPRER reporting procedures.

c. Upon admittance of the Soldier to MACH, the Battalion will notify Brigade immediately. A cadre member will remain with the student until disposition is determined.

d. Units will maintain 100% accountability and current status of all heat related casualties. Units will maintain contact with MACH if a Soldier is admitted and will report to Brigade on the Soldier's status and once the Soldier is released.

e. All heat related OPRERs will include page 3 information requirements.

6. Specific Requirements

a. A heat acclimatization period of 2 to 3 weeks at the beginning of all training cycles. Acclimatization periods will consist of heat exposure and progressive increases in physical work for new Soldiers. All Soldiers and cadre will receive a mandatory briefing, or class, on prevention of heat casualties.

b. A notification system to ensure that all cadre members know the current WBGT indexes and wind chill factors at their training location (not at a centrally-monitored location). Ensure that two portable WBGT kits (NSN 6665-00-159-2218) or TRADOC approved substitute, are issued per training company and will be placed in use when the ambient temperature exceeds 75°. Cadre members will carry the pocket-sized Leader's heat Reference Card (Enclosure 3).

c. A specific SOP on training activities that may or may not be conducted during the various WBGT indexes/wind chill factors. Decision to accept risk is made IAW TR 385-2; paragraph 1-5c (4). Refer to TR 350-29, appendix B, for the heat casualty risk factor matrix.

(1) In addition to risk factors found in TR 350-29, donating blood and recent, rapid weight loss due to extreme measures will increase the risk of a heat injury.

(2) If the Soldiers have been subjected to CAT IV and/or CAT V conditions for 2-3 consecutive days, then cumulative heat stress increases their chance for a heat injury on the subsequent day. Risk-controlling measures include decreasing the distance and/or pace of unit runs; and changing the training schedule if strenuous events are scheduled, especially if they are scheduled to occur outdoors in CAT IV or V conditions.

d. For Soldiers who are at increased risk for heat injury, pre- and post-activity weighing is an excellent tool for monitoring their hydration level and managing their risk. Weigh these Soldiers the same time each day, after using the bathroom, before showering, and in underwear. Any weight lost in 24 hours represents loss of water. If weight has been lost, have the Soldier drink water or electrolyte drink at the rate of one pint of water per pound, not to exceed hydration guidelines. If weight has been gained, have the Soldier eat a salty snack, and do not require him or her to drink more water. If feasible and if sufficient numbers of scales are available, weigh all Soldiers during CAT IV and V conditions.

6 End

- 1 199th Ice Sheet SOP
- 2 CRMW
- 3 Leader's Heat Reference Card
- 4 Individual Risk Tracker
- 5 Cumulative Heat Injury Risk Management Matrix
- 6 Training Presentations (Separate Files)

Appendix 1 Heat_Injury_Prevention_Program_for_TRADOC_Leaders_TSP
Appendix 2 WBGT_Instructions
Appendix 3 Heat_Injury_Prevention_Student_Handouts
Appendix 4 Heat_Injury_Prevention_Scenario_Exercises
Appendix 5 Heat_Injury_Prevention_TSP

199th Infantry Brigade Ice Sheet SOP

TASK: Prepare Ice Sheet Cooler and Perform Ice Sheet Application.

CONDITIONS: Given two Coolers containing minimum of 5 Ice Sheets each and a Soldier who has signs and/or symptoms of a heat injury.

STANDARDS: Ice Sheet Cooler properly prepared, Ice Sheets properly applied to casualty and MEDEVAC is initiated.

PERFORMANCE STEPS:

1. Prepare Ice Sheet Cooler.
 - a. Ensure that units have Ice Sheets available at all physical training, road marches, and collective training from Platoon through Battalion level. The Combat Life Saver for these training events maintains the Ice Sheets.
 - b. Ensure that units have an adequate number of Ice Sheet Coolers and Ice Sheets based on Battalion SOPs. Each Cooler must contain at least a minimum of 5 Ice sheets.
 - c. Ensure that each Ice Sheet Cooler contains water, ice and a minimum of 5 ice sheets.
 - d. If instructing a large number of students ensure you have enough sheets to cover the group. **One soldier requires 10 sheets**
 - e. NCOIC / OIC inspects equipment prior to beginning a training event:
 - CLS Bag complete with IV and starter kit
 - Thermo-scan with extra batteries
 - Ice Sheet Coolers with a **minimum** of 5 sheets each
 - Commo primary and alternate
 - Wet Bulb
 - Litters
 - Evacuation Vehicle
2. Perform Ice Sheet Application.
 - a. Evaluate the casualty for heat illness.
 - b. Initiate MEDEVAC for casualty if mental status changes, casualty vomits, casualty becomes unconscious or Core or Thermo-scan Temperature is 101 F. or greater.
 - c. Cadre members will remove or loosen any restrictive clothing ie. (belts, boot, trousers, BDU/ACU blouse).
 - d. Keep the airway open: lay Soldier flat, elevate legs, extend neck/open airway.
 - e. Cadre members will place casualty in the shade if available.
 - f. Cadre members will apply a total of 5 cold wet ice sheets: one around the head, one under each armpit, one in the crotch area, and one over the entire body. **DO NOT COVER SOLDIERS FACE.**
 - g. Replace Ice sheets as they begin to warm up and place used ice sheets back into cooler to re-cool.
 - h. Start an IV with normal saline, give no more than 1 liter. Do not delay MEDEVAC due to initiating the IV.
 - i. Cadre members will monitor vital signs and continue to check temperature using the thermo-scan.

PERFORMANCE MEASURES	GO	NO-GO
1. Ensure that units have Ice Sheets available at all physical training, road marches, and collective training from Platoon through Battalion level. The Combat Life Saver for these training maintains the Ice Sheets.		
b. Ensure that you have an adequate number of Ice Sheet Coolers and Ice Sheets based on Battalion SOPs. Each Cooler must contain at least 5 ice sheets.		
c. Ensure that each Ice Sheet Cooler contains 1 quarter water and 3 quarters ice.		
d. NCOIC / OIC inspects equipment prior to beginning a training event: <ul style="list-style-type: none"> • CLS Bag • Thermo-scan with extra batteries • Ice Sheet Coolers • Commo primary and alternate • Wet Bulb • Littlers • Evacuation Vehicle 		
2. Evaluate the casualty for heat illness.		
b. Initiate MEDEVAC for casualty if mental status changes, casualty vomits, casualty becomes unconscious or Core or Thermo-scan Temperature is 101 F. or greater.		
c. Cadre members will remove or loosen any restrictive clothing ie (belts, boot, trousers, BDU/ACU Blouse).		
d. Keep the airway open; lay Soldier flat, elevate legs, extend neck/open airway.		
e. Cadre members will place casualty in the shade if available.		
f. Cadre members will apply a total of 5 cold wet ice sheets: one on the head, one in each armpit, one in the crotch area, and one over the entire body. DO NOT COVER SOLDIERS FACE.		
g. Replace Ice sheets as they begin to warm up and place used ice sheets back into cooler to re-cool.		
h. Start an IV with normal saline, give not more than 1 liter. <u>Do not delay MEDEVAC due to initiating the IV.</u>		
i. Cadre members will monitor vital signs and continue to check temperature using the thermo-scan.		

Enclosure 2: DA Form 7566, APR 2005 Composite Risk Management Worksheet

COMPOSITE RISK MANAGEMENT WORKSHEET For use of this form, see FMS-19, the proponent agency is TRADOC							
1. MENTASK		2a. DTG BEGIN			2b. DTG END	3. DATE PREPARED (YYMMDD)	
4. PREPARED BY:							
a. LAST NAME		b. RANK			c. POSITION		
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WAO)	12. WAS CONTROL EFFECTIVE?

Additional space for entries in items 5 through 11 is provided on page 2.

13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (Check One)

☐ LOW
 ☐ MODERATE
 ☐ HIGH
 ☐ EXTREMELY HIGH

XXXXXXXXXX
LTC, IN
Commanding

XXXXXXXXXXXX
IN
Commanding

14. RISK DECISION AUTHORITY

a. LAST NAME	b. RANK	c. DUTY POSITION	d. SIGNATURE

DA FORM 7566, APR 2005 Page 1 of 1

Prevent a Heat Casualty

Fluid Replacement and Work/Rest Guidelines

Heat Category	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work /Rest	Water Intake, Gal/h	Work /Rest	Water Intake, Gal/h	Work /Rest	Water Intake, Gal/h
1	70-81.9	RL	%	RL	%	40/20 min	%
2 (Green)	82-84.9	RL	%	20/10 min	%	30/30 min	%
3 (Yellow)	85-87.9	RL	%	40/20 min	%	20/30 min	%
4 (Red)	88-89.9	RL	%	30/30 min	%	20/40 min	%
5 (Black)	> 90	20/10 min	%	20/40 min	%	20/60 min	%

The work/rest times and fluid replacement volume will sustain performance and hydration for at least 4 hours of work in the specified heat category. Individual water needs will vary \pm 1% quart/hour.

- RL = no limit to work time per hour. Rest means minimal physical activity (sitting or standing) and should be accomplished in shade if possible.
- Caution: Hourly fluid intake should not exceed 1% quarts.
- Daily fluid intake should not exceed 12 quarts.
- Wearing body armor add 5°F to WBGT Index.
- Wearing MOPP overgarment add 10°F to WBGT Index.
- Examples:

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, \leq 30 lb Load • Marksmanship Training • Drill and Ceremony 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, \leq 40 lb Load • Callisthenics • Patrolling • Individual Movement Techniques, i.e. low crawl, high crawl 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, \geq 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

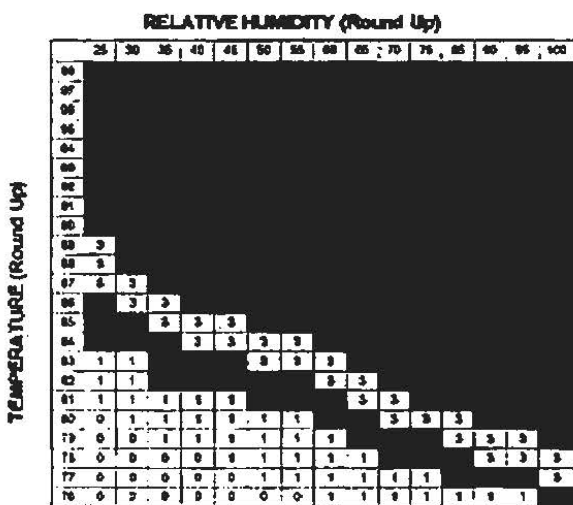
Prevent a Heat Casualty

Prior to all physical training and road marches the following question will be asked by a member of the unit cadre / chain of command to all Soldiers participating in the event:

1. Is there anyone here who is currently taking medications of any kind?
2. Is there anyone here who has had a previous heat injury of any kind?
3. Is there anyone here who is currently taking vitamins or other body building supplements?

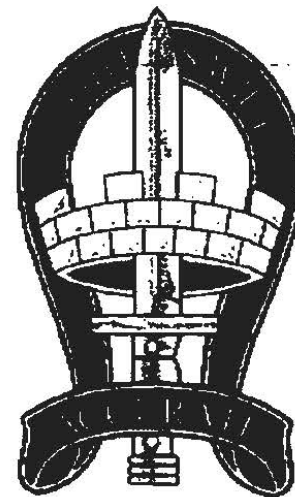
If the response is an affirmative to any of these questions then that Soldier will be removed from the formation and a specific assessment made of the risk in that person's participation in the event.

AIR TEMPERATURE/RELATIVE HUMIDITY TO HEAT CATEGORY CONVERSION CHART



Be a Leader, Use Common Sense!

199th Infantry Brigade Leader's Heat Reference Card



Phone Numbers

Mach Ambulance evacuation via cell phone: 545-2222

Forces: 545-5828	MACH Emergency 544-1123	
Ambulance 911	RCO: 545-4301	DCO: 545-4334
RCMA: 545-3421	RSC: 545-6817	Staff Duty: 545-1042
OPS NCO: 545-4443	SS Fax: 545-4633	Regt Fax: 545-3932
1-11 CDR: 545-1882	1-11 SS: 545-6588	2-11 CDR: 545-1888
2-11 SS: 545-1604	3-11 CDR: 545-4711	3-11 SS: 545-6512
1-307 CDR: 545-1008	1-507 SS: 545-1156/3800	

31 Mar 2008

Treat a Suspected Heat Injury

Task: Give first aid for a suspected heat injury.

Condition: Given a Soldier who has signs and/or symptoms of a heat injury.

Standard: Recognize the type of heat injury and give appropriate first aid.

Soldier is suspected of heat illness (dizziness, headache, dry mouth, nausea, weakness, muscle cramps)

Report to Battalion
Immediately Upon
Treatment

YES

TREAT

- Loosen clothing
- Place patient in shade
- Provide fluids by mouth - 1 qt/30 Min minimum X 2
- Monitor temperature at 10 minute intervals
- Apply ice sheets over torso from neck to groin

Immediately
Report to
Regiment Chain
of Command

YES →

Immediately
Report to
Regiment Chain
of Command

NO

SUPERVISE

- Limited indoor duty for remainder of day
- Medical evaluation within 24 hours (sooner if no progress)
- Unit will schedule sick call for the next day
- Soldier will not do PT the following day

Continue to report status of Soldier to higher headquarters until soldier is fully returned to Duty

Vomiting
Or
Unconsciousness > 1
minute, call 911
immediately
Or
Mental status changes
Or
Temperature > 101° F, call
911 immediately
Or
If Soldier goes in to Shock

EVACUATE

- Place Soldier in shade
- Apply ice sheets over body from head to groin (DO NOT COVER Soldiers face)
- Loosen and wet clothing
- Fan patient
- IV hydration (limit to 500 cc of Normal Saline)
- Reconfirm temperature when evacuation arrives
- Report temps. and WYBGT on OPREP
- Cadre/CLS will stay with casualty

Treat a Soldier in Shock

Signs / Symptoms

- Sweaty but cool skin (clammy skin).
- Paleness of skin.
- Restlessness, nervousness.
- Thirst.
- Loss of blood (bleeding).
- Confusion (or loss of awareness).
- Faster-than-normal breathing rate.
- Blotchy or bluish skin (especially around the mouth and lips).
- Nausea and/or vomiting.

Treatment/Prevention

- (1) Move the casualty to cover, if cover is available and the situation permits.
- (2) Lay the casualty on his back. (DO NOT move the casualty or his limbs if suspected fractures have not been splinted.)
- (3) Elevate the casualty's feet higher than the level of his heart. Use a stable object (a box, field pack, or rolled up clothing) so that his feet will not slip off. (DO NOT elevate legs if the casualty has an unsplinted broken leg, head injury, or abdominal injury.)
- (5) Prevent chilling or overheating. The key is to maintain body temperature. In cold weather, place a blanket or other like item over him to keep him warm and under him to prevent chilling. In hot weather, place the casualty in the shade and avoid excessive covering.
- (6) Calm the casualty. Throughout the entire procedure of treating and caring for a casualty, the rescuer should reassure the casualty and keep him calm. This can be done by being authoritative (taking charge) and by showing self-confidence. Assure the casualty that you are there to help him.
- (7) Seek medical aid. If you must leave the casualty or if he is unconscious, turn his head to the side to prevent him from choking should he vomit.
- (8) Continue to Evaluate Casualty. If necessary, continue with the casualty's evaluation. During the treatment of shock, DO NOT give the casualty any food or drink.

Treat a Suspected Heat Injury

Reporting Individual: _____ DTG Received: _____	
Type of Incident: _____	Revised: Yes/No
Category of Incident: _____	Date/Time of Incident: _____
Location of Incident: _____	
Name: _____ Sex: _____ Grade: _____ Age: _____	
Race: _____ Security Clearance: _____ Position: _____	Unit: _____
Duty Station: _____	Assigned MCOIN: _____
Nature of Injury: _____ Treatment Facility: _____	
Name: _____ Sex: _____ Grade: _____ Age: _____	
Race: _____ Security Clearance: _____ Position: _____	Unit: _____
Duty Station: _____	Assigned MCOIN: _____
Location of Incident: _____	
Provide the following heat injury data (Post Barring requirement only)	
Heat Category: _____	
Air Temperature and Humidity at _____	
Period of Time at Post Barring: _____	
Type of training being conducted: _____	
Indicators of possible heat injury:	
Dizziness	Yes _____ No _____
Loss of body	Yes _____ No _____
Loss of equilibrium or consciousness	Yes _____ No _____
Minor oral bleeding	Yes _____ No _____
Treatment administered on site:	Yes _____ No _____
Was victim shaded	Yes _____ No _____
Was water given	Yes _____ No _____
Was IV administered	Yes _____ No _____
Was "Ice Sheet" used	Yes _____ No _____
Core body temperature: _____	
Current location and condition: _____	
Recent or Current Illness? Yes _____ No _____ If yes, explain: _____	
Testing any medications? Yes _____ No _____ If yes, explain: _____	
Using Supplements? Yes _____ No _____ If yes, what kind? _____	
Cadre/CLS providing Care to Soldier: _____	
Unit: _____	Rank: _____ Contact number: _____
If HEAT STROKE:	
Determining tests and results: _____	

Enclosure 4: Individual Risk Tracker

HEAT RISK PREDICTION TOOL														REMARKS
Soldier's Name		HT	WT	RESIDENT	DOB	MOR	MOR	PLUT	DOB	PLUT	300 cal max	SCORES	HEAT RISK	
		APFT	STATE	ZIP	LA TITUDE						APFT	SCORES	HEAT RISK	
1	269	(b)(6)	(b)(6)	D	NJ	07506	(b)(6)	(b)(6)	(b)(6)	(b)(6)	300	371.6633	<< profile less randomized because of a	
2	349	(b)(6)	(b)(6)	BE	OK	75115	35.6669	(b)(6)	(b)(6)	(b)(6)	294	264.1779	<< only Heat injury to date	
3	313	(b)(6)	(b)(6)	300	IN	62906	(b)(6)	(b)(6)	(b)(6)	(b)(6)	290	264.3628		
4	441	(b)(6)	(b)(6)	106	NH	03080	(b)(6)	(b)(6)	(b)(6)	(b)(6)	198	264.2901	<< Has field grade father, may try too hard	
5	324	(b)(6)	(b)(6)	81	HE	98717	21.8884	(b)(6)	(b)(6)	(b)(6)	294	256.1226	<< used to heat, not heavily, was very hard	
6	248	(b)(6)	(b)(6)	104	MS	39005	32.6664	(b)(6)	(b)(6)	(b)(6)	194	263.7417	<< heavy sweater, still in poor PT shape	
7	237	(b)(6)	(b)(6)	120	GA	30543	24.2500	(b)(6)	(b)(6)	(b)(6)	189	239.6111		
8	323	(b)(6)	(b)(6)	123	NY	36304	(b)(6)	(b)(6)	18.3229	(b)(6)	167	238.5779		
9	309	(b)(6)	(b)(6)	190	FL	34209	27.6700	(b)(6)	(b)(6)	(b)(6)	179	234.6467		
10	310	(b)(6)	(b)(6)	163	MI	48061	(b)(6)	(b)(6)	(b)(6)	(b)(6)	137	236.1168	<< pugil Army at runner up, then hard	
11	298	(b)(6)	(b)(6)	164	FL	32673	26.1768	(b)(6)	24.3627	(b)(6)	144	198.6622		
12	284	(b)(6)	(b)(6)	148	VA	22946	(b)(6)	(b)(6)	(b)(6)	(b)(6)	111	198.1693		
13	328	(b)(6)	(b)(6)	178	IL	61808	(b)(6)	(b)(6)	(b)(6)	(b)(6)	136	198.7787		
14	681	(b)(6)	(b)(6)	149	OR	97058	(b)(6)	(b)(6)	25.1496	(b)(6)	181	178.7918		
15	362	(b)(6)	(b)(6)	184	FL	32804	26.6768	(b)(6)	(b)(6)	(b)(6)	118	176.6068		

* = Body Mass Index exceeds 25, i.e. likely overweight

* = BMI > 30, Body overweight to point of obesity

* = Home of Record latitude is more northerly than average for all HQRs in the tool

18G

021-69 7/4/2016

www.alphabeta.com returns latitude given a Zip Code

Body Mass Index Formula: $\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$

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Enclosure 5: Cumulative heat Injury Risk Management Matrix

Heat Injury Risk Management Matrix (FEB 06)				
Risk Factors	Risk Level			
	Circle the appropriate condition for each factor			
	0 points/circle Low Risk	1 point/circle Medium Risk	2 points/circle High Risk	3 points/circle Extreme Risk
Risk Management Worksheet	All controls implemented			Not all controls implemented
WBGT at site NOTE: Add 5 F. for backpack or body armor	< Cat 1	Cat 1	Cat 2-3	Cat 4-5
Back-to-back Cat 5 days	0	1	2-3	>4
Heat injuries in past 2 days	0	Heat Cramps	Heat Exhaustion	Heat Stroke/ Death
Workload in past 2 days (see TR 350-29 workload classification chart)	Easy	Easy or Moderate	Moderate or Hard	Hard
Projected workload	Easy	Easy or Moderate	Moderate or Hard	Hard
Heat acclimatization days	>13	7-13	3-6	<3
Leader/NCO presence	Full Time	Substantial	Minimal	None
Cadre duty experience	18 months	7-18 months	1-6 months	<1 month
Communication System (tested at training site)	Radio and landline phone	Landline phone only	Radio only	None
Previous 24 hours sleep	>7 hours	5-7 hours	2-4 hours	<2 hours
Food/salty snacks every 4 hours	<4 hours	4-6 hours	6-7 hours	>7 hours
Onsite 91W/CLS and iced sheets (min. 8 single bed sheets/company in cooler)	Both iced sheets & Medic, EMT, or CLS	Only Iced sheets	Medic, EMT, or CLS	None
Add Circled Blocks with points/circle				
Total Score: 0-7 = Low Risk; 7-15 = Medium Risk; 16-24 = High Risk; 25-39 = Extreme Risk >11 Total Score should have onsite Medic, EMT, or CLS and organic evacuation transportation. Double-check score				

Enclosure 6: Training Presentations (Separate Files)

Appendix 1 Heat_Injury_Prevention_Program_for_TRADOC_Leaders_TSP

Appendix 2 WBGT_Instructions

Appendix 3 Heat_Injury_Prevention_Student_Handouts

Appendix 4 Heat_Injury_Prevention_Scenario_Exercises

Appendix 5 Heat_Injury_Prevention_TSP

ANNEX B: Cold Weather SOP

1. REFERENCE:

- a. AR 190-40, Serious Incident Reporting, November 1993.
- b. TRADOC Regulation 350-29, paragraph 7; Prevention of Heat and Cold Casualties, dated 31 Dec 87.
- c. USAIC Regulation 40-24, Prevention and First Aid of Cold Injury, 30 Jan 89.

2. PURPOSE: To provide a command directive that promotes prevention, proactive treatment and evacuation of cold weather casualties.

3. Preparation and Training:

- a. Leaders prevent cold weather injuries. All leaders will be trained on the prevention and treatment of cold weather injuries, preparing daily risk assessments, DA form 7566 Composite Risk Management Work Sheet (CRMWS) and completely understand their responsibility to mitigate the risk of having a cold weather injury by changing training conditions and standards when necessary.
- b. Battalion and Company commanders will review CRMWS annually for all POI events prior to 1 Oct to ensure that they include cold weather injuries as a hazard and specific controls to mitigate cold weather injuries.
- c. Battalions will ensure that they have a system in place to make daily cold weather mitigation decisions.
- d. Review and revise SOP's annually as required to incorporate lessons learned NLT 1 Oct.
- e. Units will conduct annual training on cold weather injury prevention and treatment for all cadre prior to 1 Nov of each year, to include:
 - (1.) Cold Weather Training for Leaders
 - (2.) Cold Weather Training for Students
 - (3.) Evacuation procedures and drills for each cadre member
 - (4.) CLS certifications are current (not less than 1 per PLT)
 - (5.) Maintain one AED/CPR certified cadre per PLT
- f. All students in training from 1 Oct – 31 Mar will receive cold weather training, recognition of a cold weather injury. Signs and symptoms use of the buddy system treatment of cold weather casualties, prevention and evacuation.

DEPARTMENT OF THE ARMY
HEADQUARTERS UNITED STATES ARMY MANEUVER CENTER OF EXCELLENCE
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MCoE Regulation
No. 40-14

16 October 2012

Medical Services
Prevention of Heat and Cold Weather Illness

History. This is a revision of the publication. The portions affected by this revision are listed in the summary of change.

Summary. This regulation revision includes clarification on the post heat category and heat alert warning system, links for resources on the World Wide Web, guidance on vaccinations and recommendations for adjustments to training, and information on the use of nutritional supplements, electrolyte solutions and clarifies the treatment and evacuation algorithm for suspected heat injuries, to include hyponatremia.

Applicability. This regulation applies to all elements of this command, including tenants and satellite units and activities, whether Active Duty, GS civilian, or military dependent on Fort Benning.

Supplementation. Supplementation of this regulation is prohibited without prior approval from Commander, United States Army Maneuver Center of Excellence, ATTN: ATZB-HS, Fort Benning, Georgia.

Suggested improvements. The proponent of this regulation is the Director of Health Services (MCXB-CO). Send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) through channels to the Directorate of Health Services, Preventive Medicine, ATTN: MCXB-PM, Fort Benning, GA 31905.

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Chapter 1					
Introduction					
Purpose	1-1	1	C. Guide to Risk Management of Heat Casualties		9
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Chapter 2			Chapter 1		
Responsibilities			Introduction		
Commanders at All Levels	2-1	1	1-1. Purpose.		
Medical Department Activity	2-2	2	To prescribe policies, procedures and responsibilities for the prevention of heat injuries to personnel at Fort Benning, Georgia.		
Major Subordinate Commanders	2-3	2	1-2. References.		
Unit Commanders	2-4	2	Required and related publications and prescribed and referenced forms are explained in Appendix A.		
Chapter 3			1-3. Explanation of Abbreviations and Terms.		
Heat Illness			Abbreviations and special terms used in this regulation are explained in the glossary.		
High Risk Groups	3-1	2	1-4. General.		
Heat Illness Types, Treatment & Evacuation Policy	3-2	3	This regulation provides information on the causes, types and first aid measures for heat injuries. It provides guidance to commanders and supervisors on preventive measures to be followed and means of recognition of heat injuries.		
Preventive Measures	3-3	4	Chapter 2		
Chapter 4			Responsibilities		
Heat Category Surveillance			2-1. Commanders and Directors at All Levels.		
Monitoring/Reporting Heat			Commanders and supervisors will:		
Categories & WBGT Reading	4-1	5	a. Responsibilities apply to both, heat and cold injuries recognitions, surveillance, and reporting. Wet Bulb Globe Temperature (WBGT) index and Kestrel and that such measurements are required on an hourly basis when the ambient air temperature is above 75° F.		
Alternate Temperature/Humidity Readings	4-2	5	b. Ensure that every precautionary action to prevent heat and cold weather illness is fully and completely implemented.		
Units and Activities Receiving Notification	4-3	5	c. Provide a 14-day acclimatization program, when feasible, for Soldiers and incoming personnel not accustomed to the heat.		
Actions by Subordinate Units	4-4	5	d. Ensure those who schedule training are made aware of the necessity of planned acclimatization programs, recognize the hazards for unacclimatized personnel and implement appropriate risk mitigation measures.		
Chapter 5			e. Ensure that all assigned personnel know, to an extent commensurate with their ability and responsibility, the hazards of hot and cold weather illness, the proper means of hot and cold weather illness prevention, the recognizable early signs of heat injuries and the processes and procedures to take if heat/cold illness occurs.		
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Basics of Cold Illness Risk	5-1	5			
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*This regulation supersedes USAIC Regulation 40-14, 26 June 2001.

f. Ensure that incoming Soldiers are briefed on heat illness risk, individual precautions, and use of the buddy system to recognize the symptoms of heat illness in fellow Soldiers.

g. Report all heat and cold weather injuries to the MCoE/Fort Benning Safety Office (ATZB-SO) as prescribed by AR 385-40, Accident Reporting and Records.

2-2. Medical Department Activity.

The Commander will:

a. Ensure that information is made available to advise all personnel of hot and cold weather illness hazards.

b. Maintain a phone line and a webpage that provide general post heat category information from 1 May through 30 September and cold weather information 1 Oct through 30 Apr.

c. Provide assistance and guidance to commanders concerning development of appropriate procedures and plans.

d. Review written procedures and plans submitted by major unit commanders and provide comments on appropriateness of these procedures and plans.

e. Conduct training for cadre and leaders upon request on hot and cold weather illness prevention and treatment.

f. Track heat related illnesses and report through medical channels and MCoE/Fort Benning Safety Office. Coordinate with MCoE/Fort Benning Safety Office for reporting incidents as required by AR 385-40.

g. Ensure that all medications that increase hot/cold illness risk are clearly marked. Inform the Soldier and his/her chain of command when a medication(s) that increase heat illness risk are prescribed.

2-3. Major Subordinate Commanders.

Major Subordinate Commanders will:

a. Establish written procedures for the prevention of heat and cold weather illness, based on the particular type of training or work in which they are engaged (such as, Initial Entry Training, Airborne and Ranger Training, extended field exercises, etc.).

b. Ensure all Soldiers receive training in the causes, preventive measures, symptoms and emergency treatment of heat injuries beginning in March and no later than 15 April of each year and cold weather illness no later than 15 Oct of each year using TRADOC approved slides.

1. Annually, initial train-the-trainer briefings should be conducted by Preventive Medicine or organic medical provider.

2. Ensure that cadre personnel arriving within their commands during the March to November time period receive such training as soon as possible after their arrival (may be conducted by unit members).

3. Document Hot and Cold Prevention Training for all unit personnel.

c. Ensure that adequate acclimatization (14 days, when feasible) is included in training schedules for newly arrived personnel. All commands will place the "Heat Acclimation Guide" on web sites. A copy can be found at <https://www.us.army.mil/suite/doc/29673928>. Refer to the elite acclimation guide located at <http://www.usarlem.army.mil/pages/download/heatacclimatizationguide.pdf> for Ranger and Airborne School students.

d. Require units engaged in training during heat and cold hazard periods to follow established evacuation policies.

e. Ensure each subordinate company-sized unit has a WBGT Kit, or similar device (i.e., Kostrel monitor), to perform local on-site heat category level monitoring when conducting training and the ambient air temperature is above 75°F and cold weather to monitor drops below 60°F.

f. Review all training and operations to ensure consideration is given for appropriate emergency medical support and heat and cold weather illness assessment and management (to the greatest extent that is tactically feasible).

g. Conduct daily "man down" drills and quarterly MASCAL rehearsals.

2-4. Unit Commanders.

Unit Commanders will:

a. Utilize the Hot and cold weather Illness Risk Management process to assess training/mission hazards for heat stress and develop and implement controls for heat stress exposure (Appendix C) and cold weather exposure (Appendix D).

b. Ensure supervisors and leaders understand the process for making appropriate adjustments to unit activities as heat/cold conditions change.

c. Ensure that all personnel have ample quantities of drinking water available during hot weather. Require all personnel to drink water during each rest period. The water should be potable and cool.

d. Ensure that each Soldier carries at least one canteen which is to be refilled at the beginning of every work period and during each rest period.

e. Ensure that rest periods are scheduled and adhered to.

f. Utilize the unit's WBGT Kit, or similar approved device, when ambient air temperature is above 75°F and cold weather to monitor drops below 60°F. Record the WBGT index hourly in a log and keep the log on file for two years.

g. Ensure that all supervisors are familiar with the WBGT Kit (See Appendix C).

h. Ensure all supervisors have in their possession Heat/Cold Illness Prevention and Treatment Card, Appendix D) or the Heat Illness Prevention (HIP) Pocket Guide. Units will coordinate for printing of pocket card. The HIP pocket guide is available at no cost through:

<http://usachppm.amedd.army.mil/HIOShoppingCart/searchResults.aspx> (scroll down to see all heat illness prevention products) or from Preventive Medicine (545-1144/1406).

i. Document Hot/Cold Prevention Training for all unit personnel.

j. Ensure that personnel who are at high risk for heat illness are identified with a highly visible marker that is worn on ALL uniforms, including PTU. Suggested marking methods include white tape on the upper left arm or colored wrist bands.

k. Ensure all arriving Soldiers receive a hot/cold illness safety briefing prior to the initiation of any program of instruction.

Chapter 3

Heat Illness

3-1. High Risk Groups.

Any individual may become a heat casualty without proper preventive measures. However, some personnel are at greater risk due to various conditions or circumstances. The most common of these are listed below, and will be of special concern to commanders.

a. Unacclimatized Individuals.

Personnel who are not used to physical activity under conditions of high temperature and humidity are particularly susceptible to heat illness and must acclimatize to hot, humid weather. Persons reporting to Fort Benning who have come from cooler climates or regions with lower humidity are also at particular risk. As feasible, a period of two weeks with progressive degrees of heat exposure and physical exertion must be allowed regardless of the individual's physical condition (refer to paragraph 3-1(e)). To the greatest extent possible, Commanders are required to provide acclimatization programs on an on-going basis for personnel joining their commands from other regions or geographical locations. Figure 3-1 provides guidance for activities for unacclimatized personnel.

b. Poor Physical Fitness.

Personnel who maintain a high state of physical fitness have considerable physical reserve and resiliency to meet the increased physical demands of work in hot weather. Conversely, personnel in poor physical condition have only a marginal capacity for work and are more readily exhausted by work in a hot environment.

c. Medical Conditions.

Medical conditions known to increase an individual's chance of suffering a heat illness include, but are not limited to: previous heat illness, infections, obesity, recent immunizations (72 hrs prior), recuperation from illness or injury, fever from any cause, sunburn, severe heat rash, scarring from burns over large areas of the body, dehydration, use of alcohol within the past 24 hours, lack of sleep, fatigue, nicotine use, vomiting and diarrhea. Likewise, medication for high blood pressure, antihistamines, cold medications, tranquilizers, some diarrhea medications and others may cause adverse reactions in individuals working in a hot climate.

NOTE: Commanders and leaders must be aware of the individual Soldier's capabilities and limitations. Caffeine, though not commonly regarded as a medication, is frequently ingested in the form of coffee or carbonated soft drinks or supplements, because caffeine acts as a diuretic and can interfere in maintaining adequate body fluid levels, consumption should be avoided.

d. Initial entry trainees.

These individuals are particularly susceptible to heat injuries as they are unacclimatized and frequently not accustomed to vigorous physical outdoor activity. A full 14 days of exposure to heat combined with aerobic physical exertion is needed to accomplish acclimatization. IET Soldiers are most likely to experience sudden death associated with heat illness during their first month of training. All IET cadres will be trained on the location and use of Automated External Defibrillators.

e. Ranger, Airborne and other elite courses.

These individuals should refer to the elite acclimation guide at: <http://www.usarlem.army.mil/pages/download/heatacclimatizationguide.pdf>.

3-2. Heat Illness Types, Their Treatment and Evacuation Policy.

a. Types of Heat Illness

While there are several specific types of heat injuries, it is more useful to consider mild versus serious heat injuries. Mild injuries include sunburn, heat edema, and heat cramps. The development of mild heat injuries in a unit or during an activity predicts worse injuries will occur if weather, training and personal risk factors are not modified. Serious heat injuries include heat exhaustion and heat stroke. Although early heat exhaustion may be mild, it can quickly become life-threatening if early cooling is not instituted. The occurrence of heat exhaustion cases within a unit predicts the occurrence of heat stroke if weather, training and personal risk factors are not mitigated further. While hyponatremia is not strictly a heat illness, it can be a life-threatening consequence of over-hydration or under-nutrition associated with heat exposure and has symptoms similar to exertional heat injuries. All personnel will be familiar with the signs and symptoms of heat illness and will utilize the buddy system to monitor each other.

(1) Mild Heat Illnesses

a. Sunburn

While sunburn is generally not a condition of great military significance, even mild sunburn can affect the body's ability to dissipate heat and predispose persons to more serious heat illness. Severe cases can require hospitalization.

b. Heat Edema

The mildest form of heat-related illness, it refers to the swelling that develops in the hands and feet when held in a dependent position during the heat season in unacclimatized personnel. This condition usually resolves within a few days as acclimatization progresses.

c. Heat Cramps

Often the first sign of heat illness, heat cramps are painful contractions of the muscles of the arms, legs, abdomen, or back caused by large salt losses. Instituting cooling, rest and providing Gatorade® or a salty snack are the initial first aid steps. If symptoms do not improve in 30 minutes, or if symptoms of more serious heat illness develop, activate E911, or call 911 from an on-post LAN phone or 706-545-2222 from a cell phone for emergency evacuation to the closest hospital emergency room (not TMC). See figure 3-1 below.

(2). Serious Heat Illnesses

a. Heat Exhaustion

This occurs as a result of cumulative heat exposure and inadequate fluid replacement. Persons may develop dizziness or light-headedness, headache, weakness, unsteady balance and nausea. Sweating may be profuse, and breathing can become labored. Heat cramps may also be present. The skin often feels cool and moist; the pulse is usually fast but weak, and breathing may be rapid and shallow. Initial first aid is described in figure 3-1 below. Persons must be monitored carefully, as symptoms can progress rapidly to heat stroke.

b. Heat Stroke

This represents a **TRUE MEDICAL EMERGENCY**. Heat stroke occurs when the body is no longer able to cool adequately. Temperature rises rapidly, and will continue to climb and cause internal damage if cooling is delayed. While body temperature may be up to 106-108°F, exertional heat stroke frequently occurs at lower temperatures (101-105°F). Therefore, heat stroke must be suspected if mental function is impaired, as evidenced by confusion or unconsciousness. Any Soldier who develops abnormal mental status or unconsciousness during training should be treated as a heat stroke until proven otherwise. Persistently high body temperature caused by internal (vigorous exercise) and external (environmental) factors combine to cause this frequently fatal condition. When heat stroke is suspected or recognized, initiate immediate cooling and coordinate evacuation to the nearest hospital emergency room by activating E911, calling 911 from an on-post LAN phone or 706-545-2222 from a cell phone for

ambulance transport. Although it may be accompanied by a severe headache, upset stomach and weakness, heat stroke onset is frequently sudden with loss of consciousness, convulsions, or delirium. The single most important objective of treatment is lowering the victim's high body temperature as rapidly as possible.

c. Hyponatremia

Hyponatremia means "low sodium." This occurs in personnel who lose significant amounts of sodium through sweating and drink large quantities of water without adequate salt intake. The early warning signs are often subtle and may be similar to dehydration and include nausea, muscle cramps, disorientation, slurred speech, and confusion. They may have a distended abdomen and be urinating large quantities of clear urine. Many people will drink more water because they think they are dehydrated. Unfortunately, water alone will increase the problem. If allowed to progress, a victim may experience seizures, coma, or death. However, hyponatremia is more often characterized by vomiting more than once. Persons with heat illness symptoms who vomit more than once should be evacuated to the closest hospital emergency room (not a TMC) via emergency medical services (activate E911, or call 911 from an on-post LAN phone or 706-545-2222 from a cell phone).

b. Measuring body temperature.

(1) Persons should be evaluated primarily on the basis of symptoms of heat illness. Personnel feeling well and not otherwise showing signs for concern do not need to be screened for elevated temperature. However, all supervisors must recognize that heat illness may occur at minimally elevated body temperatures.

(2) The most accurate, practical assessment of body temperature is rectally. However, if units do not possess appropriate equipment and there is a question of whether a person may possibly have a heat illness, Thermoscans may be utilized. Thermoscans, however, may misrepresent temperature by as much as 10 degrees Fahrenheit.

(3) If utilized, Thermoscan will be measured three times, alternating ears. The three measures are then averaged.

c. Evacuation of Heat Casualties

Transport heat casualties to the closest hospital emergency room (not a TMC) via emergency medical services (activate E911, or call 911 from an on-post LAN phone or 706-545-2222 from a cell phone) if any of the following factors exists:

(1) Change of mental status (such as, unconscious-ness, confusion, disorientation, combative behavior).

(2) Concerning symptoms and a Thermoscan average temperature 101 degrees or higher.

(3) The Soldier shows no response to treatment within 30 minutes of cooling and hydration (could indicate a different diagnosis or more serious heat illness).

(4) The Soldier is improving but has not returned to baseline after 1 hour of hydration at a rate of 1 quart of cool water every 30 minutes and active cooling in the field.

(5) Only medics (68W) can administer an IV. An IV is an evacuation pre-management procedure. Any Soldier receiving an IV outside of a medical treatment facility must be appropriately screened and evaluated by a medical officer. If a Soldier receives an IV and is not evaluated by a unit medical officer, then the Soldier must be evacuated to the hospital.

(6) The Soldier vomits more than once.

(7) WHEN IN DOUBT, EVACUATE THE SOLDIER TO THE CLOSEST HOSPITAL EMERGENCY ROOM.

d. Ice Sheets ("Man Down Drill")

(1) Ice sheets are a field-expedient means of rapidly cooling a heat illness victim. To prepare, fill a cooler containing clean, flat bed sheets with water and ice. The cooler should be immediately available at all risk events.

(2) To apply:

(a) Remove victim's ACU jacket, loosen belt, and remove boots and socks.

(b) Wad up 3 ice sheets and place 1 under each armpit and in the groin region.

(c) Carefully log-roll victim onto their side; place one sheet under the person and lay them onto it. Wrap the body with the sheet.

(d) Place 1 sheet under the head and neck, and gently place sheet over neck and chest. Be certain the victim's face is not covered. Continuously monitor the victim's breathing and heart rate.

(e) Replace sheets with cold ones as they warm. Warm sheets should be returned to the cooler for reuse.

(3) Company-sized elements should carry at least 12 sheets. This will require at least 2 coolers.

e. Arm Immersion Cooling System (AICS)

The AICS takes advantage of the ~25x greater heat transfer coefficient of water compared to air and the large surface area-to-mass ratio of the forearms. Several studies have reported that hand and forearm immersion in cool (50-68°F) water reduces core temperature faster than a non-cooling control, extends tolerance time and increases total work time. Immersion of the hands and forearms for 10 minutes in 68°F water results in an ~1.3°F decrease in core temperature. To achieve approximately 1.5°F body temperature reduction, submerge forearms and hands into chilled water for the indicated cooling time. 30 gallon coolers can be used in this fashion.

f. Misting Machines

A mobile cooling platform that sets atop of a open trailer. It's powered by an on board generator and uses water contained on an on board tank. The water is pumped to large fans that resemble the NFL football mist fans; usually there are four fans per trailer, one on each corner.

3-3. Preventive Measures.

a. Heat Injuries are Preventable

Leaders, whether uniformed or not, prevent heat injuries. Leaders must identify hazards and conduct risk assessments to mitigate the risk of heat illness (Appendix C). Heat injuries can occur during any time of year. At Fort Benning, March through October are hazardous months since personnel often do not expect heat casualties during these "cool" months. Education of all personnel, especially supervisors, on the causes of heat related injuries and preventive measures are vital to prevent heat casualties. All personnel must know symptoms and emergency treatment procedures. All Fort Benning personnel must receive training on the prevention of heat injuries beginning in March and no later than 15 April of each year. Cadre personnel arriving at Fort Benning during the March through October period must receive training and be certified as soon as possible after arrival. Training must cover causes, preventive measures, symptoms, and emergency treatment procedures. Supervisors and unit commanders document completion of this training. Daily safety briefs should include brief review of heat illness symptoms and buddy aid.

b. Heat Illness Risk is Cumulative

Four factors contribute to this effect:

(1) High heat category -- especially when there are several sequential days of high temperatures. Utilizing opportunities to release heat is important; examples include allowing Soldiers time for longer showers after PT, an additional cool/cold shower in the evening, exposure to air conditioned environments and swimming.

(2) Exertion level -- when intense physical activity occurs several days in a row.

(3) Acclimatization -- the prior exposure of personnel to physical exertion in a warm environment during the weeks prior to this training or activity.

(4) Temperature at night / rest overnight -- leaders must ensure that Soldier sleep areas are adequately cooled and that Soldiers are allowed at least 4 hours of sleep per 24 hours when training during warm weather.

c. Blood Donation

Do not allow blood donation among IET, Ranger, Airborne and other students where high levels of physical exertion are expected. Blood donations may be authorized during recovery period prior to graduation.

d. Adjustments of Training

Certain work, recreational or training activities increase the risk for heat casualties. Physical training activities may be defined as vigorous physical training involving large muscle groups with duration of 15 minutes or greater without a rest cycle and frequently performed under timed conditions. Examples include: running, navigation courses, road marches, "grass drills" involving push-ups, sit-ups, running in place, and pull-ups. Devote maximum attention to the intensity and duration of scheduled training so that these activities are conducted. The coolest part of the day at Fort Benning is early morning. WBGT indexes are often still high in the late afternoon and evening. High risk training activities, particularly running, should be performed in the early mornings. Conduct organizational or cohesive runs in formation at a double arm interval to allow air movement within the formation. Significant temperature increases are observed in the center of normal interval formations while running. Encourage cool showers after

strenuous training or outdoor activities to help with lowering body core temperature.

e. Alteration of Activity According to Heat Intensity

Two factors govern the alteration of physical activity in hot, humid weather.

(1) The first and most important factor is experience and knowledge. Commanders and direct supervisors of personnel working in heat will not ignore indications that physical activity of individuals or groups of personnel should be restricted. Many heat casualties have occurred before Heat Category 1 is reached. Personnel who are allowed to dress too warmly on "mild" days can overheat and become casualties.

(2) Physical activity in all operations and training will be modified in successive stages of "Heat Categories" according to the Wet Bulb Globe Temperature Index as determined by the unit's WBGT Kit.

f. Use of WBGT /Digital weather monitoring device to Control Physical Activity

(1) When the WBGT index reaches 78°F (heat cat 1), hard physical work may precipitate heat illness or illness; therefore, limit hard physical work and emphasize fluid re-placement.

(2) When the WBGT index reaches 82°F (heat cat 2), limit moderate and hard physical work and emphasize fluid replacement.

(3) When the WBGT index value reaches 85°F (heat cat 3 & 4), employ increased rest periods for moderate and hard work and emphasize fluid replacement. Avoid outdoor classes in the sun.

(4) When the WBGT index value reaches 90°F (heat cat 5), limit easy, moderate, and hard work and emphasize fluid replacement. Suspend physical training and hard work for all personnel (excluding essential operational commitments not for training purposes, where the risk of heat illness/illness may be warranted).

(5) Wearing of NBC clothing (MOPP) in effect adds 10°F for easy work but 20°F for moderate and hard work. Wearing body armor adds 5°F to WBGT index in humid climates. Adjust guidance appropriately.

(6) Specific guidance for work periods, work-rest ratios and fluid replacement are provided in tables within this document.

g. Observation

Commanders/Directors and leaders at all levels of responsibility will constantly observe their personnel for signs and symptoms of heat illness. Although the greatest emphasis must be placed on the prevention of heat casualties, it is also important that all personnel be familiar with signs, symptoms, and first-aid treatment of heat illness.

h. Water

Adequate fluid intake is an important factor in preventing heat illness. As noted in table 3-2, adult hourly fluid intake should not exceed 1 ½ quarts and daily fluid intake should not exceed 12 quarts. Personnel will frequently become dehydrated by one or two quarts of water before the thirst mechanism warns them to drink. Water loss replacement is best done by periodically drinking small amounts throughout the work period. "Water Loading," the adequate intake of water prior to physical exertion, should start well ahead of the work or exercise that is scheduled. Each initial entry trainee should consume 10-12 quarts of water per 24-hour period in accordance with figure 3-2. Supervisors must enforce this water doctrine since the thirst mechanism is an inadequate stimulus to replace the water loss of the body. It is also important that fluid consumption not exceed these guidelines. Excessive fluid intake can lead to water toxicity or hyponatremia, which can be fatal. Cooling the water makes it more palatable. If possible, water should be furnished between 50 and 60 degrees Fahrenheit and flavored lightly with citrus fruit flavors. Without replacement of water, work and perspiration in a hot environment will inevitably lead to heat exhaustion and heat stroke. Acclimatization allows body hormones to reduce losses of body salts through sweating, but the loss of water through sweat does not decrease with acclimatization.

i. Provisions for Adequate Rest

A proper amount of rest and avoidance of over-fatigue are important in the prevention of heat injuries. Each individual should obtain at least 4 hours of sleep per 24-hour period when training during warm weather. An air conditioned sleeping environment is beneficial if the situation permits. Inspect all trainee barracks on a daily basis to ensure that air conditioning is functioning. If training programs are modified to schedule the more strenuous physical activities during the cooler parts of the day, these modifications will not be such as to deprive personnel of the prescribed amount of sleep. Troops should not be so fatigued that they do not awaken refreshed after a night of rest. Prolonged exposure to high temperatures at night as well as in the daytime will

decrease the amount of work that personnel will be capable of performing effectively. At the discretion of the commander, it may be desirable to allow an hour of rest following the noon meal.

j. Food, Salts, and Nutritional Supplements

Although a regular diet typically supplies more than enough salt to replace body salts lost through perspiration, salt loss can be accelerated during acclimatization periods. Commanders and supervisors will ensure that assigned personnel, particularly initial entry training Soldiers, are allowed all prescribed meals and sufficient time to eat. Encourage Soldiers to salt their food, especially during the acclimatization period. Units should monitor meal consumption to ensure that Soldiers are eating adequately. Each initial entry training Soldier will be required to eat three meals each day. Supplemental electrolyte drinks such as Gatorade® are encouraged in IET, IMT, Ranger, and Airborne training. Commanders will ensure all Soldiers are briefed on the dangers associated with taking nutritional supplements containing stimulants such as guarana, caffeine and others, as their use can also increase heat illness risk. Discourage Soldiers from taking supplements. Creatine use can also interfere with kidney function and increase heat illness risk. Examples of supplements that contain creatine include: ProMax bars, Pro Rx, and Ultramet Protein Mix.

Chapter 4

Heat Category Surveillance

4-1. Monitoring/Reporting Heat Categories and WBGT/Digital weather monitoring device readings.

Units are responsible for monitoring and recording heat index during training

4-2. Alternate Temperature/Humidity Readings.

a. Units conducting training must monitor WBGT/Digital weather monitoring device at their training location because microclimate differences can produce local temperatures up to 10 degrees higher than elsewhere, especially if training on asphalt/blacktop. For general awareness, however, local temperature/humidity readings are available at the following web sites:

- (1) www.weather.com
- (2) www.srh.noaa.gov
- (3) www.wtvm.com

b. Continuous weather information is broadcast over the "weather radio" for the Columbus, Georgia, area on frequency 162.4MHZ.

c. Contact MEDDAC, Preventive Medicine, 545-1445/1446, during normal duty hours for WBGT information.

4-3. Units and Activities Receiving Notification.

Units and activities that receive heat alert notification through the Heat Alert Warning System must ensure that this information is disseminated to the lowest level within their command and/or control, as soon as possible after receiving notification.

4-4. Actions by Subordinate Units:

Subordinate unit commanders will, upon receipt of information that a heat alert is in effect, modify such activities as marches, physical training, drill, field problems, uniform details and outside work in which personnel are unduly exposed to direct sunlight and high relative humidity. These actions will be in accordance with the guidelines provided. THERE WILL BE NO TIMED RUNS, APFTs, TIMED ROAD MARCHES OR 5 MILE OR MORE RUNS in HEAT CATEGORY 4 or 5.

Figure 4-1. Heat Categories and WBGT Indexes

Heat Category	WBGT Index °F
I	78.0-81.9
II	82.0-84.9
III	85.0-87.9
IV	88.0-89.9
V	90.0 & above

Chapter 5

Cold Illness

5-1. Prevention and Treatment of Cold Injuries

a. The threat. The body loses heat by radiation if the outside temperature is lower than the body's temperature. It loses heat by

evaporation cooling from sweating, which is useful in hot weather but problematic in cold weather, especially when sweat trapped by clothing diminishes the insulating value of the clothing.

b. The defense. The normal response to the cold is for the blood vessels in the skin and remote parts of the extremities to constrict and conserve warmed blood for the vital organs. By moving large muscle groups by shifting their position on the ground, they can help shift blood from the central body to the periphery. Actions to aid the body's defenses against the cold include dressing properly for the cold and wet, especially for relatively low level of activity (such as lying on the ground); adding clothing in layers for cold and inactivity and removing layers for increased temperatures and activity to prevent sweating; staying well-nourished so the body produces calories; and drinking plenty of fluids, which is important in maintaining the circulation volume.

c. Acclimatization. Soldiers do not respond physiologically to cold exposure the same as to heat exposure. The adjustments to cold exposure are less pronounced, slower to develop, and less practical in terms of relieving strain. For this reason, it is more important for leaders to ensure Soldiers are properly clothed for the cold and wet, adjust the uniform requirements depending on activity, and provide for external warming measures (heated shelter).

d. Risk factors for cold illness include the following:

- (1) Cold (temperature 40° F and below).
- (2) Wet (rain, snow, ice, humidity) or wet clothes.
- (3) Wind (wind speed 5 mph and higher).
- (4) Lack of adequate shelter/clothes.
- (5) Lack of provisions/water.
- (6) Previous cold injuries or other significant injuries.
- (7) Use of tobacco/nicotine or alcohol.
- (8) Skipping meals/poor nutrition.
- (9) Low activity.
- (10) Fatigue/sleep deprivation.
- (11) Little experience/training in cold weather.
- (12) Cold casualties in the previous 2-3 days.

5-2. Cold illness prevention and treatment

Resources for leaders are available as follows:

a. Annual training.

(1) The following training products are available from the PHC

Web site at <https://phc.amedd.army.mil/topics/discond/cip/Pages/ResourceMaterial.s.aspx>

- (a) Cold: Cold Weather Casualties and Injuries Chart.
- (b) Cold: Cold Weather Injuries Card.

(2) A cold weather illness prevention presentation is available from the TRADOC Surgeon's Web site at <http://www.tradoc.army.mil/surgeon/information.htm>.

5-3. Other conditions associated with cold weather

In addition to the above conditions, leaders should be aware of the following cold weather-related conditions:

a. Carbon monoxide poisoning produces vague symptoms of fatigue, headache, nausea, vomiting, loss of coordination, and mental status changes, including giddiness and decreasing mental alertness. Progressive exposure results in loss of consciousness and death.

b. Snow blindness is caused by glare from an ice field or snowfield, especially at high altitude, causing a sensation of grit in the eyes with pain in and over the eyes, made worse by moving the eyeball. Other signs and symptoms are watering, redness, headache, and increased pain on exposure to light. It is more likely to occur in hazy, cloudy weather than when the sun is shining. Snow blindness is prevented by wearing sun-glasses in these conditions.

Chapter 6

Reporting Procedures

6-1. Casualty Reporting Procedures

These reporting requirements are not intended to replace safety reporting requirements such as those found in AR 385-10 and the DA Pam 385-40. All suspected environmental casualties in which a Soldier or Soldiers are evacuated away from the training site are reportable to the MCoE using the most current version of MCoE Policy Letter 1-8 (MCoE Operations Reporting). Commanders will prepare an Accident Report (RCS: CSGPA-147(R4)), DA Form 285-AB, Feb 09, as prescribed in AR 385-40 Accident Reporting and Records and

MCoE Regulation 40-14

forward it within 14 working days to this Headquarters, AITN: Safety Office (ATZB-SO).

6-2. Unit Responsibilities for Reporting.

Units will up-date the SharePoint site weekly with all heat illnesses or cold injuries. Initial reports will be followed up and closed out on the SharePoint site.

6-3. Reportable Illnesses.

When personnel are hospitalized or placed on quarters due to heat illness and miss at least one full duty day, they will be considered victims of a reportable illness. Medical staff, MACH will notify the Department of Preventive Medicine (DPM) of all suspected and confirmed cases of heat illness to include hyponatremia. DPM will complete medical reporting procedures.

6-4. Serious Incident Reporting of an Environmental Casualty

IAW MCoE Policy and subsequent amplification guidance, any environmental casualty which is evacuated from training will execute Operations Reporting using the most current version of MCoE Policy Letter 1-8.

6-5. Significant Event Reporting of an Environmental Casualty

IAW MCoE Policy and subsequent amplification guidance, any environmental casualty which is evacuated from training will execute Operations Reporting using the most current version of MCoE Policy Letter 1-8.

6-6. Information required for reporting environmental casualties

a. Information for reporting environmental casualties is the name, last four of the Soldier's social security number (SSN), grade, unit of casualty, and unit contact person/number.

b. Category/disposition of patient (hospitalized, quarters, return to duty). Severity of hospitalization (SI or VSI), when applicable.

c. Diagnosis (presumed or confirmed). Clinical diagnosis of an environmental illness (heat stroke, frostbite, trench foot, or hypothermia) may take up to 48 hours to medically confirm.

d. Time/date group of incident/occurrence.

e. Circumstances leading to the environmental casualty.

Glossary

AOD	Administrative Officer of the Day
APFT	Army Physical Fitness Test
ASOS	Air Support Operations Squadron
HEAT	Heat category, Exertion level, Acclimatization, Time of heat exposure and recovery time
IET	Initial-entry Training
MACH	Martin Army Community Hospital
MOPP	Mission Oriented Protective Posture
PTU	Physical Training Uniform
SDNCO	Staff Duty Non-Commissioned Officer
SDO	Staff Duty Officer
USAIC	United States Army Infantry Center
USAMEDDAC	United States Army Medical Activity
WBGT	Wet Bulb Globe Temperature

Appendix A

References

Section I

Required Publications

TB MED 507

Heat Stress Control and Heat Casualty Management, 7 Mar 03

DA Pam 385-40

Accident Reporting and Records

TRADOC Regulation 350-29, 2010

Prevention of Heat and Cold Injuries

Section II

Related Publications

FM 21-10

Field Hygiene and Sanitation

FM 90-3

Desert Operations <http://chppm-www.apgea.army.mil/heat/>

Section III

Prescribed Forms

Appendix B

Suggested Environmental Casualty Risk Reduction Measures

B-1. Prevention of Heat Casualties

Information on heat casualty identification and basic first aid can be found in TB MED 507, Heat Stress Control and Heat Casualty Management.

a. Physical Fitness. Physical fitness is the single most important factor in preventing heat casualties. Commanders are responsible for the physical fitness of their Soldiers and the conditioning program required to optimize fitness. Physical fitness must be compared with the task to be accomplished (duration, intensity, and load). Heat illness occurs primarily when a Soldier tries to exceed their current physical capability. Soldiers without demonstrated appropriate levels of physical fitness (e.g., new Soldiers) must undergo progressive physical conditioning. IAW TB MED 507, before attempting strenuous physical events in hot weather. According to published Army research, a Soldier who is unable to run one mile in less than eight minutes has a 5.6 times greater relative risk of becoming a heat casualty. Soldiers with a Body Mass Index (BMI) of greater than 26 have a 3.6 times greater relative risk of becoming a heat casualty.

b. Water Replacement. Adequate water intake is an important factor in preventing heat casualties. Fluid replacement guidelines in TB MED 507 will be used to estimate the drinking requirements for personnel based upon activity and heat category. Drinking enough water and fluids is the Soldiers' personal responsibility, but it is the commander's responsibility to supervise and ensure the Soldier is hydrating in proper amounts. Leaders should ensure Soldiers are hydrating prior to an event and also consider the Soldier's previous day's activities when assessing hydration status. Activity the day prior to an event is a significant contributing risk factor to a Soldier becoming a heat casualty. Leaders should be aware of Soldiers using dietary supplements as these can interfere with the body's water uptake and the body's natural cooling mechanisms. Dietary supplements are discussed further in paragraph 1a. Overhydration (>1.5 quarts per hour, or >12 quarts per day) must also be avoided. See Appendix C, Obtain and Use Heat Condition Information, for water intake requirements based on heat category.

c. Acclimatization. Acclimatization is necessary to permit the body to reach and maintain efficiency in its cooling process. Acclimatization begins with the first exposure and is fairly well developed within four or five days in highly fit individuals, with almost complete acclimatization in two weeks. During acclimatization, work should be accomplished during the cooler hours of the day while alternating work with rest periods. First day exposure should not exceed moderately hot conditions (defined as less than 85 degrees Wet Bulb Globe Temperature (WBGT), and should allow rest periods in shade for at least 5 minutes, alternating with no more than 25 minutes of easy/moderate work in the heat. Continued moderate work in the heat for two or four hours per day will achieve maximum acclimatization. The level of work in the heat can be slowly progressed up to the limits in the work-rest chart at the end of two weeks. Acclimatization does not reduce, but may increase, water requirements. Sleep loss, dehydration, and certain medications/dietary supplements counteract the effects gained through acclimatization.

d. Medical Condition. Soldiers who are more prone to heat casualties should be closely monitored and perhaps limited in level of activity. These include those who are overweight, dieting, have chronic medical conditions, are taking medications (such as antihistamines), have had recent illness (e.g., fever, acute infections, immunization reactions, vomiting, or diarrhea), have had alcohol intake within the past 24 hours, use dietary supplements containing ephedrine alkaloid or hormones, or have been past heat casualties. Medical consultation should be utilized to determine appropriate levels of physical activity for these personnel.

e. Replacement of Salt Loss. Salt replacement in most cases is adequately accomplished through consumption of all meals. Salt requirements decrease with acclimatization. Use of salt tablets is not recommended. When heavy sweating may exceed 60-90 minutes, consider consuming a carbohydrate-electrolyte beverage similar to half-strength sports drinks (e.g., during this period alternate between drinking a sport drink and water).

f. **Schedule Modification.** Work schedules must be modified to fit the environmental condition and the physical/medical fitness of the Soldier. Alternating work and rest periods, IAW TB MED 507, will optimize individual productivity during hot weather. Perform heavy work in the cooler hours of the day, such as early morning or late evening. Consider holding formations for shorter periods or out of direct sunlight during hot weather. March Soldiers over grass rather than pavement. Conduct field lectures and break periods in the shade or in well ventilated areas.

g. **Previous Day's Activities.** Heat has a cumulative effect, while most heat injuries occur between 0600 and 0800 hours when it is NOT heat CAT V, the previous day's heat category and activities have a direct impact on the overall risk. Most EHIs occur when the previous day's heat index was CAT V.

h. **Clothing.** Exceptions to the prescribed wear of uniforms may be authorized to preserve the Soldier's health. Clothing and equipment should be worn in a manner that will permit free circulation of air between the uniform and the body. Clothing should be loose fitting at the neck, wrists, and ankles. With command permission, uniform modifications, such as rolling up sleeves, unbuttoning or removing the Army Combat Uniform (ACU) shirt, or unblousing the ACU pants may be implemented. Reduction in layers of clothing or removal of Kevlar assists in reducing body temperature. Mission Oriented Protective Posture (MOPP) gear and body armor are especially heat retentive (adds ten degrees to the WBGT reading).

i. **Diuretics, Dietary Supplements, and Medications.** Caffeine and alcoholic beverages have diuretic properties, which increase the risk of dehydration. Energy drinks have become popular with Soldiers; however, these beverages often contain ingredients which are diuretics. Energy drinks have been identified as a contributing factor in numerous serious heat illness cases. Water, in lieu of energy drinks, should be used to hydrate before strenuous activity. Some medications and dietary supplements have been associated with increased heat illness due to interference with the body's ability to regulate heat, sweat, and process fluids. Personnel using antihistamines, cold preparations, or blood pressure medications are at higher risk for becoming a heat casualty. Individuals taking drugs that affect the kidneys (there are many, including NSAIDs such as Motrin/Ibuprofen and naproxen) should avoid high doses of creatine. Creatine is a popular supplement among Soldiers; however, it has adverse side effects, including muscle cramping, gastrointestinal disturbances, kidney problems, or dehydration. High doses of creatine may negatively affect kidney function. Some supplements are thermogenic and actually raise a person's core temperature while at rest; physical activity further raises the core temperature. Ephedrine is a dangerous supplement which is banned by the United States (US) Food and Drug Administration; however, Soldiers are still able to obtain supplements containing ephedrine via the internet. Bottom line: Leaders must know their Soldiers and ensure they are educated with respect to the effects, positive and negative, of supplements on their health. The US Army Institute of Public Health has compiled information on supplements at its website located here: <http://phc.amedd.army.mil/topics/healthy/living/n/Pages/DietarySupplements.aspx>. This site contains a link to the Natural Medicines Comprehensive Database which is a reliable resource for healthcare providers and leaders.

B-2. Prevention of Cold Casualties

Leaders should understand that heat casualties can also occur during cold weather. Proper use of preventive measures, which are inspected and enforced by all leaders, will markedly reduce the incidence of cold casualties. Weather conditions, such as temperature, humidity, wind velocity, and precipitation affect the loss of body heat. Leaders must therefore adjust activities and the uniform of their Soldiers as the environmental conditions change. Information on identification and basic treatment of cold casualties can be found in TB MED 508, Prevention and Management of Cold Weather Injuries.

a. **Weather.** The wind chill phenomenon is related to the heat loss of unprotected body surfaces, such as the face and ears. Historically, a large number of cold injuries occur after sudden weather changes. During the cold season, commanders should obtain frequent weather forecasts of wind and temperature. Leaders can use the wind chill chart to evaluate this information.

b. **Type of Activity.** The incidence of cold illness varies greatly according to activity and environmental conditions. Units in reserve or rest areas generally have fewer cases. Units in holding missions or on static defense (missions with little or no activity) have greater exposure

potential and thus, are at an increase risk for sustaining cold casualties. It is important for unit commanders to institute periodic vigorous activity when ambient temperatures reach -20 or below. This exercise should not be carried to the point of perspiration.

c. **Clothing.** The Extended Cold Weather Clothing System (ECWCS) will provide protection of the head, torso, and extremities from 40 degrees (F) to -60 degrees (F). The ensemble uses the layering principal to conserve body heat. Loose layers of clothing with air space between them, under an outer wind and water resistant garment, provide maximum protection. The ensemble is generally comprised of four layers:

(1) Polypropylene undershirt/drawers.

(2) Fiber pile shirt/pants.

(3) Polyester batting coat and trouser liner.

(4) Extended Cold Weather (i.e., Gortex) camouflage parka and trousers. Further information on suggested clothing layering for physical training and work can be found in TB MED 508.

d. **Previous cold illness.** A previous cold illness of significant extent (frostbite or trench foot) increases the individual's risk of subsequent cold illness, not necessarily involving the body part previously injured. Recurrent cold injuries tend to be much more extensive, with increased tissue damage.

e. **Activity.** Too much or too little activity may contribute to cold illness. Over activity causes perspiration, which can lead to dehydration and sweat trapped in clothing, reducing the insulating quality of the clothing. Conversely, immobility generates less body heat resulting in cooling, especially of extremities and parts of the body in contact with the ground or other surfaces. Establish shelters in locations accessible to personnel exposed to cold, where they can rest, warm up, and dry out. Rotate troops as often as possible when they are assigned relatively stationary duties, such as guard duty, in defense positions, or at check points.

f. **Drugs and medication.** Physicians should advise patients of any adverse effects on peripheral circulation or sweating, when prescribing drugs and medications in cold climates.

g. **Alcohol** affects peripheral blood flow, increases body heat loss, suppresses shivering, and impairs judgment. The physiological dangers of hypothermia and frostbite are greatly increased when under the influence of alcohol.

B-3. Required Risk Reduction Measures for Timed Road Marches and Runs Greater than Five Miles

Timed road marches under combat loads and runs greater than five miles exceed the definition of hard work, and the inherent risk will always be assumed to remain high regardless of the environmental or mitigating actions. Because these events are "High Risk," the first O6 in the chain of command must approve the operation and ensure a risk assessment has been completed.

a. **Steps to minimize casualties:**

(1) Promote physical conditioning programs that follow guidelines set forth in FM 21-18 and FM 21-20. Compliance with the road march conditioning program will, after a 30 day preparatory training period, produce a Soldier who can march 12 miles in less than 3 hours, loaded to about 60 pounds, when energy expenditure at that rate would cause exhaustion in 2 ½ hours for Soldiers who have not received special conditioning training.

(2) Ensure adequate hydration and consumption of well-balanced meals the day prior to the event. Individuals should consume recommended amounts of water the day prior and in the morning (one to two hours before the event).

(3) Establish a re-hydration plan for the event with strategically placed water points every two miles.

(4) Limit strenuous physical activity and heat stress exposure during the entire day prior to the event.

(5) Set the start time for the event during the coolest part of the day to maximize exposure to the lowest heat category.

(6) Modify uniform to enhance cooling; such as, unblousing ACU pants, unbuttoning the ACU top, or removing and carrying the helmet.

(7) Monitor the heat index along the event route. Ensure communication of heat index updates can be communicated between monitors and leadership.

(8) Ensure participants are actually consuming appropriate amounts of water (usually 1 quart per hour, but no more than 1.5 quarts per hour) along the route. (Example: During road marches have Soldiers slightly open and invert their canteen to validate consumption. Soldiers who have water remaining in their canteen at checkpoints will

consume remaining water prior to continuation of event. Persons not consuming sufficient water should be considered for removal from the event.)

(9) Avoid the use of a dietary supplements and energy drinks.

(10) Conduct active surveillance along the route of the event by medical personnel or combat lifesavers trained in the recognition of heat illness signs stationed along the event route.

(11) Medically evaluate all participants at checkpoints to identify signs of confusion, disorientation, etc. Trained medical providers will remove Soldiers displaying signs of heat illness from the course for further evaluation before being allowed to continue. Confused or disoriented personnel will be removed. Rectal temperatures up to 104 degrees Fahrenheit (F) to 105 degrees (F) are common without heat stroke, but personnel with a rectal temperature greater than 105 degrees (F) will be removed. Further information on initial (field) treatment algorithm for potential exertional heat injuries can be found in appendix E.

(12) Consider removing participants who are more than 6 minutes behind the pace setter (in a 12-mile road march) at the halfway point.

(13) Have onsite medical support and transportation readily available. This medical support will include the capability for active cooling and intravenous (IV) re-hydration. This should begin in the field and continue during transport to the hospital.

B-4. Initial (Field) Treatment Algorithm and Profiling Guidance for Potential Exertional Heat Injuries (EHI) Signs/Symptoms and Initial (Field) Treatment, IAW AR 40-501 and TB Med 507.

a. "Heat" Cramps (not an EHI). Isolated painful muscle spasms of the legs, arms, and torso are effectively treated with oral sodium (salty snacks) and fluid replacement. Transport to a medical facility if not resolved within 60 minutes. Soldier will be removed from training for remainder of day as this is risk factor for an EHI.

b. "Heat" (Parade) Syncope (not an EHI). Fainting or collapse caused by blood pooling in the legs (not pumping to the brain). It occurs, commonly, immediately after (not during) running if the runner doesn't cool down by walking or jogging. It also occurs in formations if the leg muscles aren't periodically flexed to pump the pooling blood out of the legs. The "casualty" should improve rapidly with shade, water, and laying flat with the legs elevated. If in doubt and not improving within 3 minutes or resolved within 15 minutes, treat as a "Heat Stroke" per section E-1d, below.

c. Heat Exhaustion (HE). Heat exhaustion is defined as a syndrome of hyperthermia (core temperature at time of event usually $\leq 40^{\circ}\text{C}$ or 104°F) with physical collapse or debilitation occurring during or immediately following exertion in the heat, with no more than minor central nervous system (CNS) dysfunction (such as, headache, dizziness). The HE resolves rapidly with minimal cooling intervention. Individual episodes of HE are not cause for referral to a medical evaluation board (MEB). However, Soldiers who experience three episodes of HE in less than 24 months, require referral to an MEB. Soldiers diagnosed with HE are individually profiled as determined by the treating privileged provider. Soldiers with HE pending referral to a MEB will be profiled using guidance provided in AR 40-501, table 3-2.

d. Heat Illness (HI). Heat Illness is defined as HE with clinical evidence of organ (for example, liver, renal, stomach) and/or muscle (for example, rhabdomyolysis) damage without sufficient neurological symptoms to be diagnosed as heat stroke. Single episodes of HI are not cause for an immediate referral to a MEB. However, Soldiers who experience three episodes of HI in less than 24 months or a single episode with severe complications (for example, compartment syndrome) of such a nature that the complications interfere with successful performance of duty, require referral to a MEB. Soldiers demonstrating any of the following complications, despite two weeks of rest, should be referred to the appropriate medical specialist for consideration of referral to a MEB; persistent residual kidney illness; persistent elevation of serum creatine kinase (CK) more than five times

the upper limit of the lab normal range; or persistent elevation of transaminases more than three times the upper limit of the lab normal range. All Soldiers diagnosed with HI will be placed on a temporary profile, numerical designator four in the PULHES physical capacity factor P, (T4-(P)), for a period of one week. After the one-week period, the Soldier will be reevaluated and individually profiled as determined by the treating privileged provider. Soldiers diagnosed with HI and pending referral to a MEB will be profiled using guidance provided in AR 40-501, table 3-2.

e. Heat Stroke (HS). Collapse (especially during exertion) or mental status change (giddy, confused, anxious, agitated, combative, seizure, unconscious) of any duration with or without any heat exhaustion signs/symptoms is a medical emergency. Heat Stroke casualties in humid environments are sweating (may not be sweating in desert environments).

(1) Verify and manage airway, breathing, and circulation (ABCs).

(2) Stop casualty from exerting, provide shade, remove excessive clothing making every attempt to maintain privacy (keep undergarments) and pour water over the casualty while getting the Medic/CLS and safety vehicle or FLA call E911.

(3) Obtain an initial rectal temperature. Oral temperatures can vary 12 degrees F from rectal temperatures in exercised individuals.

(a) Rectal Temperature less than 103 degrees F with any "Heat Stroke" sign or symptom: transport emergently to a medical facility capable of a full evaluation. Hyponatremia (water intoxication) or other deadly condition may exist. Avoid IV hydration unless shock is present. Cool to 102 degrees F during transport.

(b) For rectal temperatures greater than 103 degrees F, apply ice water soaked sheets and towels (ready in a cooler) around the body and head and change them out every 60 seconds.

(c) The patient should not be evacuated until the core temperature is less than 102 degrees or until EMS arrives, at which time the casualty will be turned over to EMS personnel. The EMS personnel are required to continue rapid cooling methods on the casualty during transport to the receiving Medical Treatment Facility. Communicate with the receiving medical facility (clinic or hospital) provider before and during transport. Stop cooling at a rectal temperature of 102 degrees F to allow slight overshoot. Obtain IV access. (Intravenous hydration (one liter NS bolus then KVO) is discouraged unless the casualty is in shock or has dry mucus membranes.) Provide medical turnover to the accepting medical provider. Medics will not return to the field until released by the accepting medical provider.

(4) Following an episode of HS, the Soldier will be placed on a T4-(P) profile for a period of two weeks. After the two-week period, the Soldier will be reevaluated weekly for the need of a continuing profile and/or referral to a MEB. This reevaluation will include an assessment for the presence, or absence, of physical damage and/or complications and any contributing risk factor(s) that may have increased the Soldier's inability to tolerate heat exposure. For profile guidance, see AR 40-501, table 3-2. During the reevaluation period, the Soldier will be classified into one of the following three categories:

(1) Heat Stroke without sequelae, demonstrated by all clinical signs and symptoms resolved by two weeks following the heat exposure event.

(2) Heat Stroke with sequelae, to include any evidence of cognitive or behavioral dysfunction, renal impairment, hepatic dysfunction, rhabdomyolysis, or other related pathology that does not completely resolve by two weeks following the heat exposure event.

(3) Complex HS that is recurrent, or occurring in the presence of a non-modifiable risk factor, either known (for example, a chronic skin condition such as eczema or burn skin graft) or suspected (for example, sickle cell trait or malignant hyperthermia susceptibility). Soldiers with complex HS require referral to a MEB. The Soldier's provider should consider referring the Soldier to a center with clinical expertise in heat illness for further evaluation.

Appendix C

Commander's, Senior NCO's and Instructor's Guide to Risk
Management of Heat Casualties

(The following pages are extracted from:
[http://usachppm.apgea.army.mil/doem/pgm34/HIPP/HeatRiskMan%20
Guide%20APR03_4.pdf](http://usachppm.apgea.army.mil/doem/pgm34/HIPP/HeatRiskMan%20Guide%20APR03_4.pdf))

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Training

PREVENTION OF HEAT AND COLD CASUALTIES

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History. This publication is a rapid action revision. The portions affected by this rapid action revision are listed in the summary of change.

Summary. This regulation prescribes policy and provides guidance to commanders in preventing environmental (heat or cold) casualties.

Applicability. This regulation applies to all Active Army and Reserve component training conducted at service schools, Army training centers, or other training activities under Headquarters, U.S. Army Training and Doctrine Command (TRADOC) control.

Proponent and exception authority. The proponent for this regulation is the Deputy Chief of Staff, TRADOC. The proponent has the authority to approve exceptions or waivers to this regulation that are consistent with controlling law and regulations.

Army management control process. This regulation does not contain management control provisions.

Supplementation. Supplementation of this regulation and establishment of command and local forms are prohibited without prior approval from the Command Surgeon's Office, TRADOC, ATTN: ATBO-M, 950 Jefferson Avenue, Fort Eustis, Virginia 23604-5750.

*This regulation supersedes TRADOC Regulation 350-29, 20 January 2010.

(8) Ensure Soldiers drink sufficient amounts of fluids and consume all their meals. Encourage Soldiers to drink frequently in small amounts and observe their fluid intake.

Note: The use of hydration salts is NO longer recommended. With proper fueling, use of available carbohydrate electrolyte solution and water, there is no need for hydration salts. Sodium and other electrolyte requirements are better met by ensuring Soldiers have adequate time (10-12 min) to consume their meals.

(9) Ensure Soldiers maintain their supply of sunscreen and apply it daily when needed.

(10) Develop and enforce work/rest cycles, guard rotation, and sleep plans during extended training hours (see references listed at paragraphs 2-2b(1) and 3-2b(1)).

(11) Be prepared to treat and evacuate Soldiers who demonstrate signs of heat illness or cold injury.

(12) Remind Soldiers to observe their buddies for signs of heat illness or cold injury (see TRADOC Regulation 350-6, paragraph 2-10a).

(13) Reevaluate the training mission if two or more heat illnesses occur at a given training site on the same day.

Chapter 2

Prevention and Treatment of Heat Illnesses

2-1. Basics of heat illness risk

a. The threat. Exposure to high environmental temperature produces heat stress in the body. As the body attempts to compensate, physiological strain or heat load results. This strain, usually in combination with other strains caused by work, dehydration, and fatigue may lead to heat illness. Environmental conditions, namely air temperature (the temperature of surrounding objects), vapor pressure of water in the air (humidity), and air movement influence the heat equilibrium of the body and its physiologic adjustments.

b. The defense. The body rids itself of heat normally through the skin and by exhaled breath, constituting heat relief. Some heat is discharged by radiation from the skin, but the body relies mostly on evaporation of sweat from the skin to cool. The adverse impact of high environmental temperature can be reduced by drinking enough water, wearing clothing properly, maintaining a high level of fitness, and resting after exposure to heat. These measures contribute to the body's normal mechanisms for relieving its heat load.

c. Acclimatization. Most Soldiers' physiological responses to heat stress improve in 10-14 days of exposure to heat and regular strenuous exercise. Factors to consider in acclimatizing Soldiers are the wet bulb globe temperature (WBGT) index (see Appendix E); work rates and duration; uniform and equipment; and Soldiers' physical and mental conditions.

d. Risk factors for heat illness include the following:

(1) High heat category, especially on several sequential days (measure WBGT when ambient temperature is over 75° F).

(2) Exertional level of training, especially on several sequential days.

(3) Acclimatization (and other individual risk factors – see “Commander’s, Senior NCO’s and Instructor’s Guide to Risk Management of Heat Casualties,” cited in para 1-3e(1)).

(4) Time (length of heat exposure and recovery time).

(5) Not acclimatized to heat.

(6) Exposure to any of the following in the previous 2-3 days:

- Increased heat exposure.
- Increased exertional levels.
- Lack of quality sleep.

(7) Poor fitness (unable to run two miles in less than 16 minutes).

(8) Overweight.

(9) Minor illness (cold symptoms, sore throat, low grade fever, nausea, vomiting).

(10) Taking medications (either prescribed or over the counter)/supplements/dietary aids (for example, allergy or cold remedies, ephedra supplement).

(11) Use of alcohol in the last 24 hours.

(12) Prior history of heat illness (any heat stroke, or more than two episodes of heat exhaustion).

(13) Skin disorders such as heat rash and sunburn that prevent effective sweating.

(14) Age more than 40 years.

e. Types of heat illness.

(1) Heat cramps are caused by an imbalance of electrolytes in the body as a result of excessive sweating. This condition causes the casualty to experience cramping in the arms, legs, and abdomen and sweat excessively, with or without thirst.

(2) Heat exhaustion is caused by loss of body fluids (dehydration) through sweating without adequate fluid replacement. It can occur in an otherwise fit individual who is involved in physical exertion in any hot environment, especially if the service member is not acclimatized to that environment. These signs and symptoms are excessive sweating with pale, moist, cool skin; headache; weakness; dizziness; loss of appetite; cramping; and nausea (with or without vomiting).

(3) Heat stroke is caused by exposure to high temperatures (such as direct sunlight) or being dressed in protective overgarments, which causes the body temperature to rise. Heat stroke occurs more rapidly in service members who are engaged in work or other physical activity in a high heat environment. Heat stroke is caused by a failure of the body's cooling mechanism, which includes a decrease in the body's ability to produce sweat. The victim may experience weakness, dizziness, confusion, headaches, seizures, nausea, stomach pains or cramps, and respiration and pulse may be rapid and weak. Unconsciousness and collapse may occur suddenly.

2-2. Heat illness prevention and treatment

Resources for leaders are available as follows:

a. Annual training.

(1) The following training products are available for download:

(a) U.S. Army Public Health Command (PHC) Web site

(<https://phc.amedd.army.mil/topics/discond/hipss/Pages/HeatInjuryPrevention.aspx>).

- Joint Training Counter-Improvised Explosive Device (IED) Operations Integration Center (JTCOIC) – Training Video "Heat Can Kill" (2011) (18:17) (AKO login required).
- U.S. Army Combat Readiness/Safety Center Video "Heat Injury Prevention" (2008) (3:11).

(b) JTCOIC – Training Video "Heat Can Kill 2" (2011) (14:41)

<http://www.youtube.com/watch?v=xOtcM2FlJdo>.

(2) A heat illness prevention presentation is available from the TRADOC Surgeon's Web site (<http://www.tradoc.army.mil/surgeon/information.asp>).

b. Risk Management process.

(1) Use "Commander's, Senior NCO's and Instructor's Guide to Risk Management of Heat Casualties" (see paragraph 1-3e(1)) to develop DA Form 7566 (Composite Risk Management Worksheet).

(2) Refer to prototype risk management worksheet at appendix B.

c. Pocket guide. The Heat Injury Prevention (HIP) Pocket Guide is the recommended resource for leaders to carry on their persons. It is available from the PHC Web site.

d. Treatment. All treatment must be supervised by a constant observer.

(1) Soldiers with mild heat illnesses should be placed in the shade and given fluids to drink. Evacuate if symptoms worsen or do not improve after 30 minutes of rest and rehydration.

(2) Suspected heat stroke.

(a) Call emergency medical service (EMS).

(b) Place the Soldier in the shade and remove outer clothing.

(c) Apply iced sheets (see appendix E).

(d) Do not start intravenous fluids. This should be done by emergency personnel.

(e) Continue cooling until EMS arrives.

(f) Do not attempt to evacuate the Soldier yourself – focus on cooling.

2-3. Other conditions associated with hot weather, overexertion, and overhydration

In addition to the above conditions, leaders should be aware of the following hot weather-related conditions:

a. Heat rash (prickly heat) is caused by restrictive clothing, excessive sweating, and inadequate hygiene. Heat rash can prevent effective sweating and increase a Soldier's risk for heat illness.

b. Sunburn is caused by exposure to the sun without protection from clothing or sunscreen. It can prevent effective sweating and increase a Soldier's risk for heat illness.

c. Skin cancer, including basal and squamous cell carcinomas and melanoma, is the most common of all cancers. Exposure to ultraviolet radiation from the sun (regardless of cloud cover or low temperature) sets the conditions for skin cancer. Soldiers with fair skin that burns and freckles easily, light blue/green eyes, and either red or blonde hair are at highest risk for developing melanoma; however, anyone can develop skin cancer.

d. Rhabdomyolysis or "rhabdo" is the breakdown of muscle fibers and release of muscle fiber products into the circulation, producing muscle tenderness, muscle weakness, and abnormal urine color (dark, red, or cola colored). It is not classified as a heat illness but is caused by extreme exertion in a person who is unaccustomed to exertion, especially if subjected to environmental heat stress with inadequate hydration and electrolyte abnormalities from an inadequate diet and/or abuse of laxatives or diuretics. Some of the muscle breakdown products are toxic to the kidney and frequently result in kidney damage. Sick cell trait can increase a Soldier's risk for rhabdomyolysis.



DEPARTMENT OF THE AIR FORCE

OL-T, HEADQUARTERS AIR COMBAT COMMAND
FORT BENNING WEATHER OPERATIONS
7960 JACELIN ROAD, ROOM 110
FORT BENNING, GA 31905

13 JUN 12

MEMORANDUM FOR RECORD

FROM: OL-T, HQ ACC, Ft Benning Weather Operations

TO: MCoE Safety Office

SUBJECT: Weather Conditions Lawson Army Airfield 13 June 2012

1. As requested, the observed weather conditions at Lawson Army Airfield from 0001L through 1100L 13 June 2012 follow.

0001 hours – Skies were clear. Visibility was 10 statute miles. Surface winds were from the northwest (320 degrees) at 3 knots. Temperature was 73F, dew point was 68F, relative humidity was 33%. Altimeter setting was 29.96 inches.

0100 hours – Skies were clear. Visibility was 10 statute miles. Surface winds were calm. Temperature was 72F, dew point was 68F, relative humidity was 88%. Altimeter setting was 29.96 inches.

0200 hours – Skies were clear. Visibility was 10 statute miles. Surface winds were calm. Temperature was 70F, dew point was 68F, relative humidity was 94%. Altimeter setting was 29.95 inches.

0300 hours – Skies were clear. Visibility was 10 statute miles. Surface winds were calm. Temperature was 70F, dew point was 68F, relative humidity was 94%. Altimeter setting was 29.94 inches.

0400 hours – Skies were partly cloudy at 8,000 feet. Visibility was 10 statute miles. Surface winds were from the southwest (240 degrees) at 3 knots. Temperature was 70F, dew point was 68F, relative humidity was 94%. Altimeter setting was 29.94 inches.

0500 hours – Skies were mostly cloudy at 8,000 feet. Visibility was 10 statute miles. Surface winds were calm. Temperature was 70F, dew point was 68F, relative humidity was 94%. Altimeter setting was 29.93 inches.

0600 hours – Skies were clear. Visibility was 9 statute miles. Winds were calm. Temperature was 68F, dew point was 68F, relative humidity was 100%. Altimeter was 29.94 inches.

0617 hours – Skies were clear. Visibility was 3 statute miles with ground fog. Winds were calm. Temperature was 68F, dew point was 68F, relative humidity was 100%. Altimeter was 29.94 inches.

0700 hours – Skies were clear. Visibility was 10 statute miles. Winds were calm. Temperature was 68F, dew point was 68F, relative humidity was 100%. Altimeter was 29.94 inches.

0800 hours – Skies were partly cloudy at 24,000 feet. Visibility was 10 statute miles. Winds were calm. Temperature was 70F, dew point was 70F, relative humidity was 100%. Altimeter was 29.95 inches.

0900 hours – Skies were clear. Visibility was 10 statute miles. Winds were light and variable at 3 knots. Temperature was 75F, dew point was 70F, relative humidity was 83%. Altimeter was 29.95 inches.

1000 hours - Skies were clear. Visibility was 10 statute miles. Winds were calm. Temperature was 79F, dew point was 70F, relative humidity was 74%. Altimeter was 29.95 inches.

1100 hours -- Skies were partly cloudy at 2,000 feet and 10,000 and mostly cloudy at 25,000. Visibility was 10 statute miles. Winds were light and variable at 4 knots. Temperature was 82F, dew point was 68F, relative humidity was 62%. Altimeter was 29.96 inches.

2. If further information is required, please contact me at (b)(6)

--SIGNED--map/20120613

(b)(6)

(b)(6)

, DAF

(b)(6)



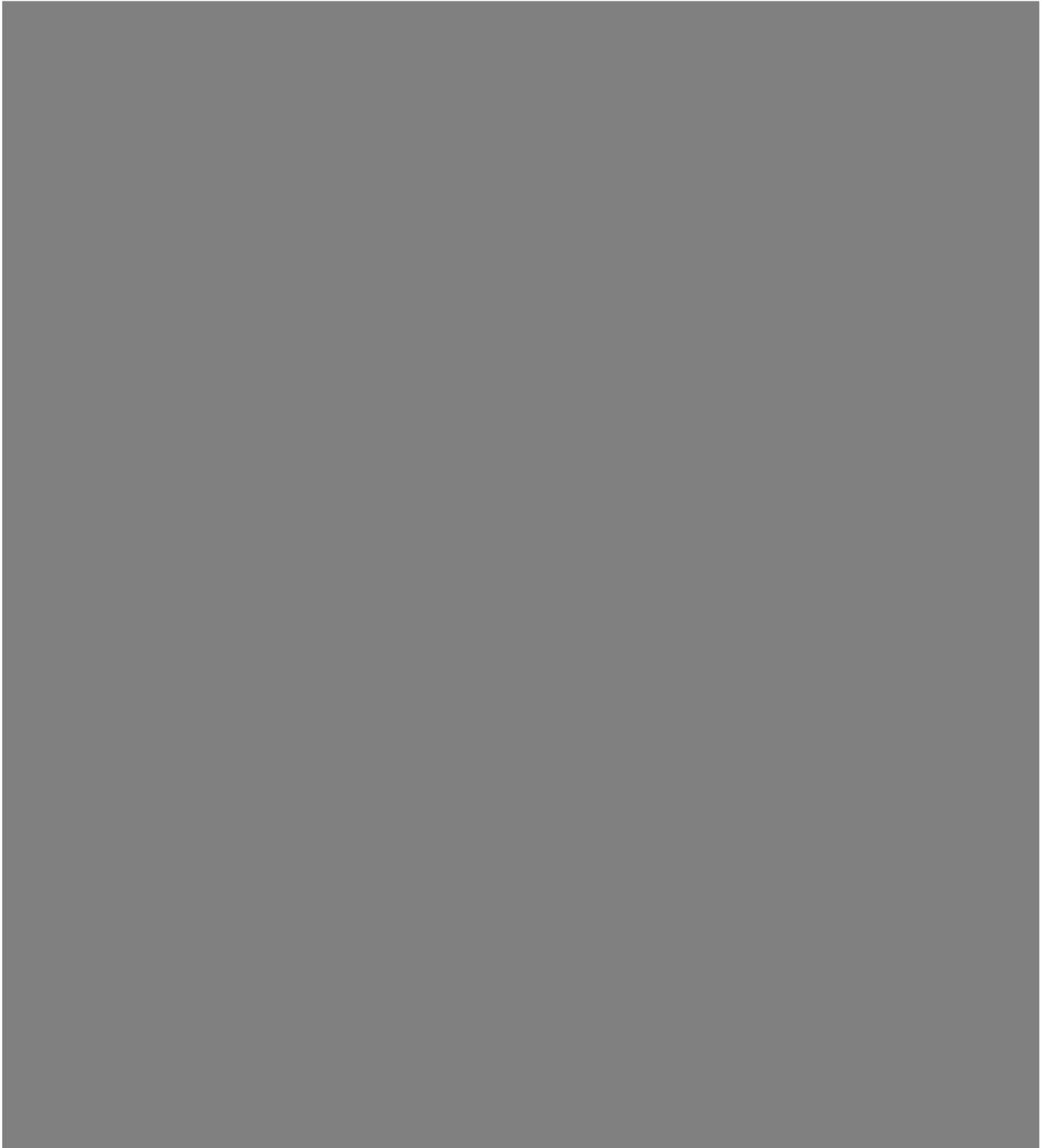
**DEPARTMENT OF DEFENSE
ARMED FORCES MEDICAL EXAMINER SYSTEM
118 PURPLE HEART DRIVE
DOVER AFB, DE 19902-5051**

MCMR-MEI

FINAL AUTOPSY EXAMINATION REPORT

Referred to Armed Forces Medical Examiner

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AUTOPSY REPORT ME12-0337
SCALES, Aaron Roger Jr.

3



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AUTOPSY REPORT ME12-0337
SCALES, Aaron Roger Jr.

4

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AUTOPSY REPORT ME12-0337
SCALES, Aaron Roger Jr.

6



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**DEPARTMENT OF DEFENSE
ARMED FORCES MEDICAL EXAMINER SYSTEM
116 PURPLE HEART DRIVE
DOVER AFB, DE 19902-6051**

REPLY TO
ATTENTION OF

MCMR-MET

Referred to Armed Forces Medical Examiner

*This document contains information EXEMPT FROM MANDATORY DISCLOSURE under the
FREEDOM OF INFORMATION ACT Exemption No. 6, d Applies*

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The
Joint Pathology
Center

JOINT TASK FORCE NATIONAL CAPITAL REGION MEDICAL
JOINT PATHOLOGY CENTER
600 STEPHEN SITTON AVENUE
SILVER SPRING, MARYLAND 20910-1320

Consultation Report



Joint Pathology Center
tel: 1-855-393-3904 fax: 301-295-0104



Joint Pathology Center
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Page 2 of 2



The
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Page 1 of 2



Joint Pathology Center
tel: 1-855-393-3904 fax: 301-295-0104

Page 2 of 2

May 13, 2012 -
May 19, 2012

May 2012						
Su	Mo	Tu	We	Th	Fr	Sa
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27	28	29	30	31		

June 2012						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

13	Sunday	14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday
DUTY TRAINER - 1ST PLATOON; SEE ATTACHMENT													
WEEK 1 INPROCESSING & ORIENTATION; SEE INSIDE: Week One Shared Documents													
9:30pm PERSONAL HYGIENE / LIGHTS OUT; CO AREA 10:30pm													
DAILY CADRE COORDINATION MEETING - 0530HRS; CO AREA													
SEND CLASS ROSTER to CIF; BLDG 2386													
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6													
NO SCHEDULED ACTIVITIES VARIOUS 8:00 9:00 10:00 11:00 12 pm 1:00 2:00 3:00 4:00 5:00 6:00 Initial APFT (Briefing) (CADRE) CO AREA		Initial APFT; (U)		PHYSICAL TRAINING		PHYSICAL TRAINING		PHYSICAL TRAINING		BN CMD TM; F		COMBATIVES - 1	
		Personal Hyg CO AREA/DFAC		Personal Hygiene/Breakfast CO AREA/DFAC		Personal Hygiene/Breakfast CO AREA/DFAC		Personal Hygiene/Breakfast DFAC		Personal Hyg CO AREA/DFAC		Personal Hyg CO AREA/DFAC	
		Company CDI Old Nett Hall		Suicide P BLDG 276		Personnel Inprocessing/DD214 Inprocessing (MCOE SRP AG) BLDG 2768		Obstacle Confiden Course Bolton (OCC)		OC Self-Ass Survey CO AREA		Introduction to MAP Reading(2/29 DOT) (BLDG 2768) (DOT)	
		First Sergeant Old Nett Hall		Monthly Retire (U)		Finance Processing (RES/NG-BLDG 2760A) BLDG 2768 (MCOE FI)		Bolton Q BN CMD		BN LPD		Paintball	
		Senior Trainer Old Nett Hall		SHARP/I Assault BLDG 2768		CYCLE C1 BN S3		CYCLE C BN S3; U		1-507th CSM		Reading CLRM W	
		Packing List Inspection CO AREA		Equal Opportu of Others(C BLDG 2768		USAR/ARNG BLDG 2760A c		LUNCH MRE		CHARAC CLRM W		BN CMD TM CWST	
		LUNCH DFAC		LUNCH DFAC		PROCEDURES BLDG 2768		CIF ISSUE BLDG 2386 1-BUS STAY UTC		LUNCH DFAC		DRILL & CEREMONIES CO AREA	
		BRANCHING/ASIP (BN S1) BLDG 2768 (CHANGE #1)		Battalion Commander's Welcome Old Nett Hall (BLDG 2768)		OPSEC BLDG 2768		Copy: OBTE Re BN CONF RM; L		Combat Water Survival Test (See Inside)		PRT - PHILOSOPHY BLDG 2768	
		S1 Inprocessing BLDG 2768 (CHANGE #1)		UPL (Start at 1430hrs) CO AREA		D&C CLASS OPENING REHEARSAL CO AREA		Heritage of OC SLDG 2768 (U)		(b)(6) (U)		PRT - SYSTEM bldg 2768	
		BDE Training Meeting BDE Conf Room		Rock run/Class BN HQ		DINNER DFAC		Class Opening Rehearsal CO AREA		Role of the Officer/WO/NCO BLDG 2768 (See Inside)		PRT - LEADERSHIP BLDG 2768	
OCS SOP ORIE BLDG 2768		DINNER DFAC		WEAR of the (U) CO AREA		DINNER DFAC		DINNER DFAC		DINNER DFAC			
HONOR CODE BLDG 2768 (U)		Initial Trainer 1 CO AREA		INITIAL 1 CO AREA		BN H&F (b)(6)		Initial Trainer Interviews; CO AREA		PHYSICAL REA BLDG 2768			
PLT TRNRS BR CO AREA		4:30am - 5:30am ACO MENTORING PROGRAM(see inside)		7:00pm - 9:30pm INITIAL TRAINER INTERVIEW (CO AREA)		5:00am - 7:00am PHYSICAL TRAINING/Rock Run							

(b)(6)

USARMY TRADOC (US)

**May 20, 2012 -
May 26, 2012**

May 2012							June 2012						
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20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

20	Sunday	21	Monday	22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26	Saturday
DUTY TRAINER - 2ND PLATOON; SEE ATTACHMENT													
PERSONAL HYGIENE / LIGHTS OUT; CO AREA													
9:30pm	10:30pm												
DAY 7	WEEK 2 (WT & BD) CALL FOR FIRE / READING / MILITARY INTELLIGENCE; SEE INSIDE: Week Two Shared Documents												
	5:30am DAILY CADRE COORDINATION MEETING - 0530HRS ; CO AREA 6:00am												
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13							
8:00	PERSONAL HYGIENE/BREAKFAST CO AREA/DFAC	PHYSICAL TRAINING (AGR)	COMBATIVES #2	5 MILE Foot March #1; SEE IN	AGR; SEE INSIDE	PHYSICAL TRAINING							
9:00	COMMANDER'S TIME/RELIGIOUS SERVICES VARIOUS	PERSONAL HYGIENE/BREAKFAST CO AREA/DFAC	Personal Hygiene/Breakfast CO AREA/DFAC	Personal Hygiene/Breakfast CO AREA/DFAC	PERSON, CO AREA	Personal Hygiene/Breakfast CO AREA/DFAC							
10:00		ENROUTE TO TRNG	Enroute to TRNG	Enroute to TRNG	ENROUTE to	ID VISUAL INDICATORS of AN II BLDG 2768							
11:00		CALL for FIRE MCOE HQ'S (CLRM W105) (DOT)	CONCISENESS CLRM W105 (DOT)	Military Intelligence EXAM MCOE HQ'S	EJB Cerel Following	REACT to a POSSIBLE IED BLDG 2768							
12:00		SIGN for Room Keys AT (ROOM 1500)	GRAMMAR MCOE HQS CLRM W105 (DOT)	BRIEFINGS CLRM W105 (DOT)	Introduc to Leadersh MCOE HQ'S CLRM W105 (DOT)	PREPARE A MILITARY BRIEFING BLDG 2768							
12:00	LUNCH DFAC	LUNCH DFAC	LUNCH DFAC	LUNCH DFAC	Lunch DFAC	LUNCH DFAC							
1:00	COMMANDER'S TIME CO AREA	LISTENING CLRM W105 (DOT)	MILITARY INTELLIGENCE CLRM W105 (DOT)	Bn Cmd & Staff Bn Conf Rm	Ethics #1 CLRM W105 (DOT)	AGILE and ADAPTIVE LEADERSHIP BLDG 2768 (See Inside)							
2:00		CLARITY CLRM W105 (DOT)		CALL for FIRE (EXAM) CLRM W105 (DOT)									
3:00		BDE CMD & Staff BDE Conf Room		RULES of ENGAGEMENT BLDG 2768		MAINTAIN CULTURAL AWARENESS BLDG 2768							
4:00	DINNER DFAC	OER / NCO SYSTEMS Old Nett Hall (BLDG 2768)	VOLUNTEER RECOGNITION	Week 4 POI Re Bn Conf Room		ARMY/STAFF ORGANIZATION BLDG 2768							
5:00	STUDY TIME/BARRACKS CO AREA	DINNER DFAC	DINNER DFAC		DINNER DFAC	DINNER DFAC							
6:00		Leadership Counseling / STUDY	Call for Fire REVIEW (CAT-D) BLDG 2768 (DOT)	DINNER DFAC	Study Barracks / Leadership Cou	LEADERSHIP ASSESSMENT COUNSELING CO AREA							
		5:00am - 6:00am ACO MENTORING PROGRAM(see inside)	7:00pm - 9:30pm BARRACKS MAINTENANCE/STUDY TIME(CO AREA)	7:00pm - 9:30pm Study Barracks / Leadership Counseling(CO AREA)		5:00am - 6:00am MEMORIAL DAY TRAINING HOLIDAY(BN AREA)							

**May 27, 2012 -
June 02, 2012**

May 2012							June 2012						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

	27 Sunday	28 Monday	29 Tuesday	30 Wednesday	31 Thursday	1 Friday	2 Saturday
	DUTY TRAINER - 3RD PLATOON; SEE ATTACHMENT						
9:30pm	PERSONAL HYGIENE / LIGHTS OUT						
	DAY 14	DAY 15	WEEK 3 LEADERSHIP ; SEE INSIDE: Week Three Shared Documents				DAY 20
			DAY 16	DAY 17	DAY 18	DAY 19	
7:00	Personal Hygiene/Breakfast CO AREA/DFAC	MEMORIAL DAY / COMMANDER TIME VARIOUS	SQUAD COMP Personal Hygiene/Breakfast Co Area/DFAC	5 Mile Footmarch #2; SEE ATT	AGR; SEE INSIDE	3 MILE RELEASE RUN; SEE ATT	COMBATIVES #3 Personal Hygiene/Breakfast Co Area/DFAC
9:00	COMMANDER Time / Religious Services VARIOUS		Enroute to Training CSM - NCO of Quarter/SAMC Board Conference Room	Enroute to TRNG Ethics #2 (Ethical Decision Making Process) MCOE HQ'S CLRM E106 (DOT)	Enroute to Personnel Manager System CLRM E106 (DOT)	Enroute to TRNG T + 3 FLX Back BN HQ (On the	National Infantry Museum NIM (Tour starts at 0900hrs)
10:00			LEADERSHIP 2 (ADVANCED) MCOE HQ'S CLRM E106 (DOT)		QTBI IPR BN Conf I	Leadership & Justice (EXAM) MCOE HQ'S CLRM W105 (DOT)	
11:00							
12:00	LUNCH DFAC	LUNCH DFAC	LUNCH DFAC	Lunch DFAC	MIRETEST (SE ACO CONFERE	CFF (RETEST) ACO CONFERE	Lunch DFAC
1:00			Employ Military Justice CLRM E106	DEVELOP A SUBORDINATE CLRM E106 (DOT)	Leadersh #3 (Soldier Team Developi CLRM E106 (DOT) (On the BN CDR's Calendar)	Leadersh #3 (Soldier Team Developi CLRM E106 (DOT)	Intro to Army Operations, Principles of War CLRM W105 (DOT)
2:00			XO/Resource BN CONF ROOM	OBT&E Review BN Conf Room		A CO TRI CO DAYR	Refit / Haircuts BN AREA/ABN Shoppette
3:00			Law of Land Warfare CLRM W105 (DOT)				Operational Terms & Graphics CLRM W105 (DOT)
4:00	DINNER DFAC	DINNER DFAC	Code of Conduct CLRM W105 (DOT)				
5:00	Barracks Maintenance / Study Time CO AREA		DINNER DFAC	Dinner DFAC	Dinner DFAC	Dinner DFAC	Dinner DFAC
6:00			Branchin BLDG 27	Branchin BLDG 27	Branchin BLDG 27	Branchin BLDG 27	Branchin BLDG 27
		8:30pm - 9:00pm RECALL/ACCOUNTABILITY FORMATION	5:00am - 6:00am ACO MENTORING PROGRAM(see inside)	8:00pm - 9:30pm Study Barracks / Leadership Counseling(CO AREA)			
			8:00pm - 9:30pm Study Barracks(CO AREA)				

June 03, 2012 - June 09, 2012

June 2012						
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July 2012						
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29	30	31				

	3	Sunday	4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	
	BCO 3/11TH IN WEEK (ONE)														
	DUTY TRAINER - 4TH PLATOON; SEE ATTACHMENT														
9:30pm	PERSONAL HYGIENE / LIGHTS OUT; CO AREA														
	10:30pm														
	DAY 21		DAILY CADRE COORDINATION MEETING - 0530HRS; CO AREA										DAY 27		
			WEEK 4 TACTICS & OPERATIONS; SEE INSIDE: Week Four Shared Documents												
			DAY 22		DAY 23		DAY 24		DAY 25		DAY 26				
	Personal Hygiene/Breakfast Co Area/DFAC		PHYSICAL TRAINING (AGR)		Combatives #4		7 Mile Footmarch; SEE INSIDE		MVNT to Bush Trans		Breakfast;		4 MILE RELEASE RUN; (See inside		
8:00			Personal Hygiene/Breakfast Co Area/DFAC		Personal Hygiene/Breakfast Co Area/DFAC		Personal Hygiene/Breakfast Co Area/DFAC				Personal Hygiene/Breakfast Co Area/DFAC		Personal Hygiene/Breakfast Co Area/DFAC		
			Enroute to SOCR RECON		Enroute to TRNG		Enroute to TRNG		BUSH HILL (TERRAIN WALK) Bush Hill (DOT) (See Inside)		Enroute to		TRANSITION INTO A DIRECT LEADERSHIP POSITION (BLDG 2760A)		
9:00	CDR'S Time/Religious Services VARIOUS		Operatio Terms & Graphics BLDG #4 CLRM W105 (DOT)		Principles of the (OFFENSE) BLDG #4 CLRM W105 (DOT)		Troop Leading Procedures BLDG #4 CLRM W105 (DOT)				Troop Leading Procedu BLDG #4 CLRM W105 (DOT)		Correlate a Leader's Role in Values and Professional Obligations BLDG 2760A		
10:00											MCoE CSM CoR Marshall		COL(R) Marshal		
11:00											Lunch MRE		Lunch DFAC		
12 pm	Lunch DFAC		Lunch DFAC		Lunch DFAC		Lunch DFAC						Lunch DFAC		
1:00			Operational Terms & Graphics CLRM W105 (DOT)		Principles of the (DEFENSE) CLRM W105 (DOT)		Troop Leading Procedures CLRM W105 (DOT)		BN TNG Meeting BN Conference Room		Troop Leading Procedures(COA) CLRM W105 (DOT)		ASAT TRNG BLDG 2768		
2:00					Machine Gun Theory CLRM W105 (DOT)						A CO TRNG M TBD				
3:00					Intro to Combat Orders CLRM W105 (DOT)										
4:00	Dinner DFAC		Dinner DFAC		DINNER DFAC		Dinner DFAC		MVNT back to CO AREA Trans		Dinner DFAC		Dinner DFAC		
5:00	Barracks Maintenance / Study Time CO AREA		LEADERSHIP ASSESSMENT COU CO AREA		Study Time/Leadership Assessm		Study Time/ Leadership Counsel		PLATOON TRAINER TIME CO AREA		STUDY TIME / LEADERSHIP ASS		Area Maintenance/Study Time BN Area/Co Area		
6:00									Dinner DFAC						
			5:00am - 6:00am ACO MENTORING PROGRAM(see inside)						6:00am - 6:30am Prep for MVNT						
									7:00pm - 9:30pm Study Time/Leadership Assessment Couns						





June 10, 2012 - June 16, 2012

June 2012

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2012

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

10	Sunday	11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday
DUTY TRAINER - 1ST PLATOON; SEE ATTACHMENT													
PERSONAL HYGIENE / LIGHTS OUT; CO AREA													
DAILY CADRE COORDINATION MEETING - 0530HRS; CO AREA													
WEEK 5 OPORD, TRAINING MANAGEMENT; SEE INSIDE: Week Five Shared Documents													
DAY 28		DAY 29		DAY 30		DAY 31		DAY 32		DAY 33		DAY 34	
7:00 Personal Hygiene/Breakfast Co Area/DFAC		7:00 PHYSICAL TRAINING (AGR)  Personal Hygiene Co Area/DFAC Enroute to TRNG MCoE CoC Key Leader		7:00 COMBATIVES #6 Personal Hygiene Co Area/DFAC Enroute to TRNG MCoE CoC Full Dress History CLRM W105 (DOT)		7:00 5 Mile Release Run  M16A RIFLE: M240 & M249 PRC 148s/CHAR TALLY DRAW (WPNE Pool) (See Inside) Personal Co Area Enroute to MCoE CG CoC NIM parade field History CLRM W105 (DOT)		7:00 COMBATIVES #7 Personal Hygiene/Breakfast DFAC Enroute to TRNG History CLRM W105 (DOT)		7:00 Battalion Run; BN Run RTE Personal Co Area/DFAC Enroute to AMMO DRAW Post ASP (i) Montl (b)(6) Training Manager & Supply CLRM W105		7:00 Physical Training Personal Hygiene/Breakfast CO AREA/DFAC	
9:00 CDR'S Time/Religious Services VARIOUS		9:00 TACTICS & OPS REVIEW/EXAM MCOE HQ'S CLRM W105										9:00 Commander's Time Various	
10:00 VARIOUS													
11:00		11:00 MCoE CoC Second Write Operatic CLRM W105						11:00 BC's Lunch w/1SGs TBD		11:00 PLT TRN Co Area			
12 pm Lunch DFAC		12 pm Lunch DFAC		12 pm Lunch DFAC		12 pm Lunch DFAC		12 pm Lunch DFAC		12 pm Lunch DFAC		12 pm Lunch DFAC	
1:00		1:00 MAP READING BLDG 2768		1:00 Army Training Management System CLRM W105 (DOT) XO/Resource I BN CONF ROOM 		1:00 Commo By Tactical Radio (BASICS) CLRM 2510 (DOT) Rehearsal Tables CO AREA Bn Cmd & Staff Bn Conf Rm 		1:00 Supervise Supply Activities CLRM W105 (DOT) A Co TRNG MT CO Dayroom		1:00 (LRC) Leadership Reaction Course Dixie Village (RTN TRANS is at 1530HRS) (Range Book with 446s or Land Request sheets must be on hand)		1:00 Rehearsals Class CO AREA	
2:00													
3:00		3:00 BDE Training Meeting BDE Conf Room											
Dinner DFAC				Dinner DFAC		Dinner DFAC		Dinner DFAC		Dinner DFAC		Dinner DFAC	
5:00 Barracks Maintenance/Study Time CO AREA		5:00 Dinner DFAC		5:00 FINANCE (MCOE FI) BLDG 2768 (if Needed)		5:00 Platoon Trainer Time CO AREA		5:00 PLATOON TRAINER TIME CO AREA		5:00 Dinner DFAC		5:00 Dinner DFAC	
6:00		6:00 OP Order Briefs; CO Area		6:00 OPORD BRIEFS / Study Time / L		6:00 Dinner DFAC		6:00 Army 8-Day B: Columbus Conv		6:00 Study Time/Leadership Counsel		6:00 Dinner DFAC	
		5:00am - 6:00am ACO MENTORING PROGRAM(see inside)				7:00pm - 9:30pm Opord Briefs / Study Time(CO AREA)		7:00pm - 9:30pm Study Barracks(CO AREA)					

(b)(6)

USARMY TRADOC (US)

13 JUN 2012, A/3-11th IN BN (OCS), 5 Mile Release Run



Task Organization:



Task:

Alpha Company conducts a 5 mile release run at Stewart Watson Field, Fort Benning, Ga.

Conditions:

Given commander's intent, TC 3-22.20 Physical Readiness Training, the candidate chain of command, a company of candidates in the prescribed uniform (APFU), and a 1 mile track.

Standards:

Candidates will participate in a 5 mile release run for time. Males must maintain 8:45 mile pace for 5 miles for a 42:30 time. Females must maintain a 9:15 mile pace for 5 miles for a 46:15 min time. Candidates will receive 25 points for meeting the above mentioned times. For every 7 seconds faster than these times they will receive a 1 point gain to 50 points. Candidates who fail to meet these time will be awarded 0 points.

KEY INFORMATION

Personnel: — Officer Candidates+ Cadre
of Vehicles: 2 x 4x4 Truck and 1 ½ ton truck
Pre-planned rest stops: None
Planned Start Date: 13 JUN 2012

C2

Spartan 6: Located Stewart Watson
Spartan 7: Located at Stewart Watson
Candidate CO will conduct warm-up IAW PRT Manual, execute movement to Stewart Watson, and maintain accountability.

Medical:

Company Trucks will carry 3x Ice Sheet Coolers, 1 x CLS Bags, 1x Thermoscans, and 4x Water cans and 1Gatorade/ Water Coolers.
Brick Radio Channel "E911" will be used to call for EMT support

Friendly Situation:

Alpha Company Officer Candidates release runs will build cardiovascular endurance, confidence and mental toughness. Release runs will progress in distance culminating with a 5 mile release run **130600JUN12**.

Mission:

A/3-11 IN conducts **5-mile Release Run** at **130600JUN12**
IOT evaluate and to improve the physical stamina and fitness of each Officer Candidate.

Commander's intent:

- Male Candidates Maintain a 8:30 Pace.
- Female Candidates Maintain a 9:15 Pace
- Candidates complete the run with zero Failures/injuries.

Timeline:

0520: First Formation
0530: Stretching
0545: MVMT to Track
0600: Start 4 mile release run
0700: Cool down stretching

13 JUN 2012, A/3-11th IN BN (OCS), 5 Mile Release Run



Concept of the Operation: The Students will be in formation at **0520** and begin stretching by Platoon **NLT 0530**. During this time the TOD/XO Detail will ensure that Ford F150 is packed IAW Unit SOP, Lemonade Stand, big clock, and event placard. XO Detail will depart for Stewart Watson (SW) at 0530. At **0540** stretching will be complete, and company will be postured to execute movement to SW. The Company will SP to SW at **0545**. Once at SW, PLT TRNRs will take their platoons to their designated start point. Start time will be kept on Big Clock, with 1SG Calling out "Start" over the radio. (Time kept by PLT and PLT TRNRs if big clock not available). As candidates finish their time will be recorded. Once the company is complete, XO detail will police up all equipment and the Student CO will move the Company back to A Co. **Upon completion PLT TRNRs will turn in score sheet to the NCOIC.**

Task to Subordinate Units / Cadre Responsibilities:

- 1st PLT-** Occupy SP 1 and keep time for 1st PLT.
- 2nd PLT-** Occupy SP 2 and keep time for 2nd PLT.
Provide driver for 1 ½ Ton
- 3rd PLT-** Occupy SP 3 and keep time for 3rd PLT.

OIC: (b)(6)

NCOIC: (b)(6)

TOD- Driver for Evac Vehicle, Responsible for Ice sheets and CLS Equipment.

Coordinating Instructions:

- Candidates will bring a full Camelback to event.
- Uniform is **Summer APFT** w/ reflective belt
- Start Points will have two timing devices (Primary, Alternate)
- Cadre will track assigned platoon run times of candidates.
- Start / Finish points will be marked by PLT number with orange cones for candidates to identify Cadre and their assigned end point.

Service and Support:

- XO detail packs Ford F150 and 1 ½ ton truck
- 3 x 5 Gallon water containers
- 3 ice sheet containers
- 3 combat life saver bags
- 2 CLS certified person/Driver
- 6 thermo scans w/ good batteries and spares
- 3 Orange Cones
- 3 Clip Boards
- 3 Grade Sheets
- 3 SP Signs

Command and Signal: radios will be carried by the following on 3-11 OPS

CO/1SG
1PLT
2PLT
3PLT
TOD

COMPOSITE RISK MANAGEMENT WORKSHEET

For use of this form, see FM5-19; the proponent agency is TRADOC

1. MSN/TASK 5 MILE RELEASE RUN	2a. DTG BEGIN 2012/06/13 0600	2b. DTG END 2012/06/13 0700	3. DATE PREPARED (YYYYMMDD) 2012/06/04
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4. PREPARED BY:

a. LAST NAME (b)(6)	b. RANK (b)(6)	c. POSITION (b)(6)
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5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
5 Mile Release Run	Soldiers being struck by vehicles	Moderate	<p>A safety briefing will be presented to all personnel prior to the operation.</p> <p>Road Guards will be posted 50 meters to the front and rear of the formation while marching/running to the track. Additional road guards will guard the flanks of the formation at all road junctions and intersections. All personnel will wear reflective belts.</p> <p>Personnel will be kept to the right hand side of the road. A safety vehicle will follow the rear road guards by 50 meters. Vehicles will have flashing hazard lights on, and will be available to pick up stragglers. Radio communications will be maintained between the unit and Range Division.</p>	Low	<p>All soldiers executing training will be briefed by the Duty Trainer upon arrival to the morning accountability formation. All developed controls will be included in the safety brief.</p> <p>Follow on vehicle will pick up Soldiers unable to complete the run and ensure no one is left behind.</p>	Cadre, Instructors, buddy teams	

Additional space for entries in Items 5 through 11 is provided on page 2.

13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (Check One)

☒ LOW
 ☐ MODERATE
 ☐ HIGH
 ☐ EXTREMELY HIGH

(b)(6)

(b)(6) IN
(b)(6)

(b)(6) IN
(b)(6)

14. RISK DECISION AUTHORITY

a. LAST NAME (b)(6)	b. RANK (b)(6)	c. DUTY POSITION (b)(6)	d. SIGNATURE
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ITEMS 5 THROUGH 12 CONTINUED:

5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
	Hot Weather Injuries	Moderate	<p>Route selection reduces / avoids high density traffic</p> <p>Personnel will be acclimatized in accordance with USAIC Reg 40-14. At a minimum, hourly halts will be taken for water intake and rest. During heat category 1 and 2 the break will not be less than ten minutes. During heat category 3 the break will not be less than fifteen minutes. Road march will be rescheduled during heat category 4 and 5 conditions. All soldiers will carry at least two quarts of water, and water will be available on lead, trail and straggler vehicles. Leaders will ensure soldiers drink the following amounts of water as a minimum: Heat Category 1: 3/4 quart per hour Heat Category 2: 1 quart per hour Heat Category 3: 1 quart per hour</p> <p>Battalion will monitor the heat categories and radio that information to the unit in training. Leaders will be notified immediately when category changes.</p> <p>At least one combat lifesaver will be assigned to support the operation.</p> <p>Soldiers who have previous heat injury will be identified prior to the operation, and will be closely monitored by leaders. The buddy system will be used.</p> <p>Personnel will carry 2 full 1 quart canteens of water and 1 full camelback.</p> <p>Ice sheets will be available in both lead and trail vehicles.</p>	Low	<p>Safety vehicle will have hazards on during movement.</p> <p>Traffic Speed Limit during the run is 15 MPH.</p> <p>Candidates will mark their running shoes if they have been a prior heat casualty, are taking medications, or if they are allergic to bee stings or any other substance.</p> <p>Cadre will ensure that candidates are properly hydrated at least 24 hours prior to the training event in order to mitigate the probability of heat casualties</p> <p>PLT Trainer's will carry a CLS bag within the platoon formation. The location of the CLS bag is CCIR to the CO.</p>	Cadre, Instructors, buddy teams	

	Storms and Lightning	Moderate	<p>Weather conditions will be closely monitored.</p> <p>Upon approach of a severe storm, or any lightning, soldiers will be directed to disperse and squat down in an area away from tall trees or other hazards. Weapons and LBE will be grounded away from soldiers. Tactical radio use will be reduced to a minimum.</p> <p>If storm is expected to continue for more than 30 minutes, the operation will be canceled and soldiers will be evacuated.</p>	Low	The weather will be continuously monitored by the Company cadre through BN headquarters and will make weather calls as needed throughout the training event.	Cadre, Instructors, Buddy teams	
	Animal bites and stings	Low	<p>Soldiers will be advised to not chase or aggravate animals such as snakes, pigs, wolves, deer and stinging insects.</p> <p>Insect repellent will be available to all soldiers.</p> <p>Personnel who are allergic to insect stings will be identified prior to the operation. Leaders will ensure these individuals carry sting kits to prevent shock. Combat lifesaver will be available to treat and injuries.</p>	Low	Soldiers will be briefed to maintain situational awareness at all times.	Cadre, Instructors, Buddy teams	
	Foot Injuries	Moderate	<p>Soldiers will be advised to wear clean, dry socks and properly fitting running shoes.</p> <p>During cold and/or wet weather, periodic foot checks will be conducted. Extra dry socks will be carried by each soldier. Combat lifesaver will monitor soldiers to identify those who are developing foot problems.</p> <p>Soldiers will be instructed on the proper methods of applying moleskin and other foot maintenance techniques.</p>	Low	The student and Cadre chain of command will conduct inspections prior to the training event to ensure it is being worn properly.	Instructors, Buddy teams Cadre will conduct foot inspections prior to, during, and after the training event.	
	Soldiers' fatigue/ lack of alertness	Low	Soldiers will be required to obtain not less than five hours sleep within the sixteen hours immediately prior to the operation (7 hours in garrison)	Low	Prior to this event Soldiers will be afforded the time needed to achieve a night's rest.	Cadre, Instructors, buddy teams	

	Overuse and stress injuries	Low	<p>Leaders will ensure Soldiers' IBA, rucksack, and equipment are in good condition and is properly worn.</p> <p>Soldiers on profile for existing leg or back injuries will not participate in the operation</p>	Low	<p>The student and Cadre chain of command will conduct inspections prior to the training event.</p>	Cadre, Instructors, buddy teams	
	Falls	Low	<p>Soldiers will be instructed to march no closer behind another soldier than five feet.</p> <p>Soldiers will be advised to be alert for tripping hazards such as rocks and branches.</p>	Low	<p>Cadre and candidates will conduct a route recon prior to the training event to ensure the route is clear.</p>	Cadre, Instructors, buddy teams	

Course Number: 2-7-F1

Phase: UnPhased

Course Title: OFFICER CANDIDATE SCHOOL

Management Category: Resident

Status: Validated

Quarter: 1

Fiscal Year: 2013

Version: 0.3

Errata Sheet: No Data

Condition: Given an overview of self awareness, organizational culture, creative thinking and critical thinking processes

Standard: Identify characteristics that provide the foundation for mentally agile and adaptive military leaders in relationship to self awareness, cultural organization, critical thinking and creative thinking. Performed by attaining at least 70% on multiple choice EOC quiz.

Remarks: No Data

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
071-071T6857 / 0.3	Introduction:	0.1	(LE) Lecture
	Practical Exercise	6.8	(PH) Practical Exercise (Hands-On)
	Programmed Instruction	3.6	(PH) Practical Exercise (Hands-On)
	Summary:	0.1	(DM) Demonstration

Total: 10.6

Security Clearance: Unclassified

Lesson Title: Foot Marches (ALL)

Action Conduct Foot Marches.

Text:

Condition: Given measured route, BDU's, rucksack (with minimum basic packing list IAW OCSOP 01 MAY 2004)/LBE/boots, in any weather conditions

Standard: Complete the foot marches with unit.

Remarks: No Data

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
071-071T6935 / 0.3	Introduction:	0.1	(LE) Lecture
	Programmed Instruction	6.0	(PH) Practical Exercise (Hands-On)
	Summary:	0.1	(PH) Practical Exercise (Hands-On)

Total: 6.2

Security Clearance: Unclassified

Lesson Title: 3, 4, and 5 Mile Release Runs

Action Conduct 3, 4, and 5 Mile release runs.

Text:

Condition: Given a block of instruction, a measured 3, 4, and 5 mile route, suitable physical fitness uniform in any weather conditions.

Standard: Complete each run to applicable standard within the time standard unassisted in any way.

Remarks: No Data

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
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Course Number: 2-7-F1**Phase:** UnPhased**Course Title:** OFFICER CANDIDATE SCHOOL**Management Category:** Resident**Status:** Validated**Quarter:** 1**Fiscal Year:** 2013**Version:** 0.3**Errata Sheet:** No Data

071-071T6907 / 0.3

Introduction:	0.3	(LE) Lecture
Equipment Based Instruction	1.0	(DM) Demonstration
Hands-On Instruction	0.5	(PH) Practical Exercise (Hands-On)
Practical Exercise	36.8	(PH) Practical Exercise (Hands-On)
Practical Exercise	1.0	(DM) Demonstration
Summary:	0.4	(DM) Demonstration

Total: 40.0**Security Clearance:** Unclassified**Lesson Title:** Combatives**Action** Employ hand-to-hand techniques.**Text:****Condition:**

Given blocks of instruction, In a combatives training facility, as a member of a buddy-team, wearing BDU and PT shoes, given instruction on the principles of balance, momentum, and leverage.

Standard:

Execute ground-fighting techniques with other students. Student will build and gain confidence in their ability to apply all combatives techniques in a training or combat environment.

Remarks: No Data**Lesson Id/Version****Technique of Delivery****Hours****Method of Instruction**

071-071T9019 / 0.3

Introduction:

0.1

(CO) Conference/Discussion

No Media Selection Required

0.9

(CO) Conference/Discussion

Large Group Instruction

2.5

(CO) Conference/Discussion

Summary:

0.1

(CO) Conference/Discussion

Total: 3.6**Security Clearance:** Unclassified**Lesson Title:** Cultural Awareness**Action** Employ cultural awareness in Army operations.**Text:****Condition:**

Given a classroom environment and a powerpoint presentation.

Standard:

Identify the influences upon culture by discussing the influences on a given culture IAW the instruction given.

Remarks: No Data**Lesson Id/Version****Technique of Delivery****Hours****Method of Instruction**

071-071T9041 / 0.3

Introduction:

0.1

(CO) Conference/Discussion

Large Group Instruction

0.5

(PH) Practical Exercise (Hands-On)

Large Group Instruction

3.9

(CO) Conference/Discussion

Practical Exercise (Hands-On)

0.3

(PH) Practical Exercise (Hands-On)

Summary:

0.1

(CO) Conference/Discussion

Total: 4.9

3, 4, and 5 Mile Release Runs
071-071T6935 / Version 0.3
Effective Date 28 May 2012

SECTION I. ADMINISTRATIVE DATA

**All Courses
Including This
Lesson**

<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
2-7-F1	0.3	OCS Version 3
2-7-F1	02.0	OFFICER CANDIDATE SCHOOL

**Task(s)
Taught(*) or
Supported**

<u>Task Number</u>	<u>Task Title</u>
None	

**Reinforced
Task(s)**

<u>Task Number</u>	<u>Task Title</u>
None	

Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
None			

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
None			

**Administrative/
Academic
Hours**

The administrative/academic hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	0 hrs	5 mins	Lecture
Yes	0 hrs	5 mins	Practical Exercise (Hands-On)
No	6 hrs	0 mins	Practical Exercise (Hands-On)
Yes	0 hrs	0 mins	Test Review
Yes	0 hrs	0 mins	Test
Total Hours:		6 hrs	10 mins

**Test Lesson
Number**

<u>Hours</u>	<u>Lesson Number</u>
None	

**Prerequisite
Lesson(s)**

<u>Lesson Number</u>	<u>Lesson Title</u>
None	

**Training
Material
Classification**

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

**Foreign
Disclosure
Restrictions**

FD6. This product/publication has been reviewed by the training/educational developers in coordination with the USAIS FD authority. This product is releasable to students from foreign countries on a case-by-case basis.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
071-OCS	OCS SOP		

Student Study Assignment

NONE

Instructor Requirements

N/A

Additional Support Personnel Requirements

Name	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
Driver		2	6.2
Combat Lifesaver Qualified Individual	4:160		6.0
NCOIC	1:160		6.2
Company Commander	1:160		6.2

Equipment Required for Instruction

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
2320-01-090-7906 - Truck Stake 4-1/2 Ton 16M GVW	0:0	0:0	Yes	1	
4110-01-485-3626 - CHEST,ICE STORAGE	16:160	0:0	Yes	0	
5820-01-017-3742 - RADIO SET BASE STATION	0:0	0:0	Yes	1	
5820-01-243-4960 - RADIO 10 CHANNEL,PO	0:0	0:0	Yes	12	
5965-00-876-2375 - LOUDSPEAKER,PERMANENT MAGNET	0:0	0:0	Yes	2	
6130-01-487-1154 - Charger, Battery	0:0	0:0	Yes	12	
6130-01-504-3675 - Charger, Battery	0:0	0:0	Yes	12	
6140-01-463-5554 - BAT,RECHAR,LITH,ION	0:0	0:0	Yes	2	
6515-01-519-2419 - Thermometer, Clinical, Human	0:0	0:0	Yes	4	No
6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches	0:0	0:0	Yes	4	No
6545-01-499-1882 - MES COMBAT LIFESAVER-2002	1:40	0:0	No	0	No
6645-00-126-0286 - Stopwatch	0:0	0:0	Yes	5	
6665-01-109-3246 - CALCULATOR,WET BULB-GLOBE,TEMPER	0:0	0:0	Yes	2	
6665-01-381-3023 - Wet Bulb-Globe Temperature Kit	0:0	0:0	Yes	2	
7210-00-081-1417 - Sheet, Bed Cotton White	20:160	0:0	Yes	0	
7240-00-089-3827 - Can, Military	20:160	0:0	Yes	0	
7330-01-449-2319 - JUG,INSULATED	8:160	0:0	Yes	0	
8960-01-430-4378 - ICE	64:160	0:0	Yes	0	
(Note: Asterisk before ID indicates a TADSS.)					

Materials Required*Instructor Materials:*

None

Student Materials:

Road Guard Vest, Flashlights

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
75027 Track, Running	1	1:160	0	0

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

1) Movement:

2) Warm-ups

3) Lecture:

4) Event:

5) Cool-Down:

6) Movement:

C

C

1. Inform the Soldiers that the terminology contained in the document does not exactly represent the current terms/functions with how the Army is operating today. Many terms (not the mission/tasks) have changed within the last year or two; however, the manuals are the latest we have in the system. Also, ask if there is anyone in class who has the insight on the current terms/procedures to please interject their knowledge as to assist with keeping the information current and relevant. The primary instructor for this lesson should prepare well in advance. Before conducting the training, the instructor should review all references; examine all Soldier materials; and examine and practice using all training aids, devices, simulators, and simulations associated with the conduct of training under this lesson plan. The following preparatory schedule is recommended: (T = The day on which training will commence.)

2. The military is forever changing, as leaders we must be able to perform under any condition and in any area around the world. Knowing or having a basic idea of what to expect based on the operating environment (OE) better prepares you as a leader to meet the challenges you will be faced with during time of war.

When giving the lesson the instructor will offer various scenarios that represent the OE of places the military is deployed all over the world. In doing so the 8 variables of PMESII-PT listed must all be considered.

The 8 variables of PMESII-PT:

Political: The political structure is an overview of formal and informal organizations. Other factors -- such as treaties, international law, the capability adversary propaganda to influence US public support and world opinion - are also addressed.

Military: The military factor looks at essential aspects of the security environment such as armed forces, security forces, insurgent groups, paramilitary organizations, and criminal groups.

Economic: Economic factors look at the formal economy, including production, distribution, consumption, labor force, and trade.

Social: The social structure is an overlay of identity and affinity groups.

Information: Information addresses the ability to influence groups or populations through direct or indirect action.

Infrastructure: The infrastructure system is more than just a collection of physical assets.

Physical Environment: JP 3-0 defines the physical environment by the dimensions of land, sea, air and space. Humans live, breathe, and walk in the physical environment, and they see, hear, and touch objects that are real.

Time: Time is a significant consideration in military operations. The analysis of time is an operational variable focuses on the benefits and liabilities of duration of operations to each side.

NOTE: As applicable, instructors:

- 1. Reinforce some or all elements of the Detect, Identify, Decide, Engage, and Assess (DIDEA) Combat Identification process.*
- 2. Emphasize the importance of maintaining situational awareness. Accurate target identification and maintaining situational awareness result in increased combat effectiveness. Improper target identification and a lack of situational awareness are the main causes of fratricide.*
- 3. As appropriate, instructors will incorporate one or more situations into the (FTX/STX/PE) which include friendly or neutral elements that require the Soldier to make a "shoot/no-shoot" decision. (CID).*

T - 12 weeks.

- 1. Check with operations to ensure class is scheduled and classrooms, training aids, and transportation have been reserved. Resolve scheduling conflicts.*
- 2. Order field manuals, technical manuals, maps, and other materials as needed.*
- 3. Review training standing operating procedure.*
- 4. Preview lesson plan.*
- 5. Identify the number of instructors, assistant instructors, and support personnel needed. Coordinate these requirements with operations.*

T - 6 weeks.

- 1. Check lesson plans and visitors folders and update as needed. Finalize the Soldiers' schedule.*
- 2. Identify and train assistant instructors and plan a dress rehearsal of the training.*
- 3. Check to see that any ordered materials have been received. Follow up on unfilled orders.*

T - 1 Week.

- 1. Verify that the classrooms and training areas are scheduled and ready for training.*
- 2. Conduct final coordination with transportation, classroom, and other resource managers.*
- 3. Conduct a final coordination meeting with instructors and support personnel and establish an instructor's intent for training.*

4. *Conduct a final check on all training aids and materials for serviceability and accountability.*
5. *Conduct a dress rehearsal of the entire class.*

T - 1 Day

1. *Inspect classroom.*
2. *Ensure the following items are present and serviceable:*
 - a. *Overhead projector, motion picture projector, TV and VCR, and related equipment.*
 - b. *View-graphs, slides, charts, pictures, TV tapes, and other materials.*
 - c. *Projector screen.*
 - d. *Lesson plan.*
 - e. *Visitor's folder.*

T-Day

1. *Arrive at classroom 30 minutes prior to class.*
2. *Prepare classroom for learning activities.*
3. *Conduct training.*
4. *Obtain Soldiers' feedback.*
5. *Conclude class according to schedule and lesson plan. (Make note of problems or suggested changes to lesson plan and bring to the attention of the SSGL).*
6. *Have Soldiers police the classroom prior to their departure.*
7. *Release the Soldiers.*
8. *Secure the classroom.*
9. *Turn in training report to operations.*

NOTE: Provide an instructor's Intent for training, focusing on what you want the students to take away in addition to the lesson material. Emphasize the importance of learning the material and developing the intangible traits (such as confidence, accountability, initiative, judgment and awareness) needed to make them a more adaptive, and critical thinking, senior leader. In addition, encourage the importance of doing the same as they return to their units and become the primary trainer for their particular formations. The instructor is expected to utilize the terrain board and TDGs to:

1. *Assist the Soldier in comprehending the situation and desired result.*
2. *Assist the Soldier in identifying obstacles to the desired result.*
3. *Allow the Soldier to work towards solution within defined principles.*
4. *Draw out of the Soldier critique of performance during the process.*
5. *Demonstrate the linking of tasks in military situations.*

NOTE: Use of Tactical Decision-making Games (TDGs):

1. *The TDGs provided are not a be all end all. They are a base line to use. Relevant examples from Cadre or students can be utilized at any time to replace or reinforce those TDGs provided.*

2. SGLs are encouraged to utilize their own TDGs or task students to develop their own.
3. TDGs can be inserted at any time to reinforce doctrine, lessons learned, Army values, and or the intangible traits being developed within the students to make them a more adaptive, and critical thinking senior leader.
4. Instruction to Instructor for lessons with Tactical Decision-making Games (TDGs):
 - a. Read the situation to the students.
 - b. Allow students time to evaluate the situation and write their answer. Time should be pressing to force rapid decisions.
 - c. Once complete have the Students brief the class. SGL will ask "WHAT IF" questions, to ensure Soldiers evaluate all options and other possible courses of action. (e.g. What if one of the insurgents started running away from the site?) These questions are not trick questions but should be designed to make the Soldier think and adapt to a new situation.
 - d. Instructors should strive to reinforce doctrine.

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
(b)(6)	Not available	Approver	24 May 2012

SECTION II. INTRODUCTION

Method of Instruction: Lecture
Instr Type(I:S Ratio/Qty): PL/Mentor/Trainer (1:160/0)
Time of Instruction: 5 mins
Instructional Strategy: Programmed Instruction

Motivator

Cadre use personnel experience to instill the importance of physical conditioning, especially with the global war on terror. Highlights could focus on rough mountainous terrain of Afghanistan or the long foot patrols through the cities of Iraq with a combat load of 40LBS.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Conduct 3, 4, and 5 Mile release runs.
Conditions:	Given a block of instruction, a measured 3, 4, and 5 mile route, suitable physical fitness uniform in any weather conditions.
Standards:	Complete each run to applicable standard within the time standard unassisted in any way.

Safety Requirements

1. These safety requirements are intended to supplement local safety requirements, and are not to be considered all inclusive
2. Electrical storms. (when appropriate) To take precautions against anyone being hit by lightning, we have a dispersal area as directed by the commander. When directed to disperse, you will move directly to the dispersal area, ground your rifle and steel pot and place your poncho over you after lying flat on the ground. In addition, be sure to avoid flag poles, wires, steel pots, and meters that contain electrical charges.
3. Snakebites. (when appropriate) As you know, the areas in which snakes are generally found in hot weather are cool, damp places such as rotten logs, creek banks and under roots. In training areas they may be found in fighting supported positions and bunkers. Always observe an area very closely prior to training. In the event that you are bitten by a snake of any type, report it to range personnel or your cadre. Under no circumstances should anyone try to handle a snake.
4. Heat casualties. (when appropriate) When you are active the body becomes overheated and the perspiration which is created cannot evaporate and cool the body because of the high humidity. You become a possible casualty from the heat as the body temperature rises above the normal temperature. The symptoms that this can create are: cool, moist or hot, dry skin; profuse sweating; headaches; dizziness; weakness; rapid pulse; or severe cramps in the abdomen or legs. Both range personnel and company cadre are familiar with the first aid treatment which should be taken and procedures which are taken to evacuate a man for professional aid. During hot weather, drink plenty of water, there are various points located on the range. Use the buddy system and watch your buddies for signs of heat illness.
5. Cold weather injuries. (when appropriate) Range OIC will ensure that warm-ups are properly utilized. Ten-minute

breaks will be scheduled for each 60 minute block of instruction. During conference sessions, individuals should be allowed to move their feet, hands, etc., in order to maintain circulation. Supervisors at every level will ensure that their subordinates are adequately protected during cold weather. Range OIC will coordinate with company personnel to rotate soldiers into warm-up tents when inclement weather conditions dictate the need for this to preserve troop health.

6. Ensure that adequate medical support to include ambulance, aidman, and medical kit is available or on call during the march. If in need of a MEDEVAC helicopter, immediately contact the MEDEVAC Operations Center telephonically, either by calling through Range Control Switchboard or by radio.

**Risk Assessment
Level**

Low - SEE UNIT ORGANIZATIONAL RISK ASSESSMENT LEVEL

Assessment: SEE UNIT ORGANIZATIONAL RISK ASSESSMENT LEVEL

Controls: SEE UNIT ORGANIZATIONAL RISK ASSESSMENT LEVEL

Leader Actions: UNIT WILL MITIGATE RISK AND MONITOR TRAINING.

**Environmental
Considerations**

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

: It is the responsibility of all Soldiers and DA civilians to protect the environment from damage.

There are no environmental considerations for this class.

Evaluation

NOTE: Describe how the student must demonstrate accomplishment of the TLO. Refer student to the Student Evaluation Plan. Students who fail will be re-tested

**Instructional
Lead-in**

During this course officer candidates will be evaluated at varying degrees of difficulty. As the officer candidate continues to progress through the course standards and tasks will become more challenging as can be seen by the mileage increase for each timed release run.

SECTION III. PRESENTATION

NOTE: Inform the students of the Enabling Learning Objective requirements.

A. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct 3-mile release run
CONDITIONS:	Given a measured 3-mile route, suitable physical fitness uniform in any weather conditions.
STANDARDS:	Complete the run in 27 minutes or less unassisted in any way.

ELO A - LSA 1. Learning Step / Activity ELO A - LSA 1. CONDUCT 3-MILE RELEASE RUN

Method of Instruction: Practical Exercise (Hands-On)
Instr Type(I:S Ratio/Qty): PL/Mentor/Trainer(2:160/0)
Time of Instruction: 2 hrs 0 min
Instructional Strategy: Programmed Instruction
Media Type: Unassigned
Security Classification: This course/lesson will present information that has a
Security Classification of: U - Unclassified.

a. Candidates will successfully complete three laps on (Stewart/Watson Field) unassisted, in the prescribed uniform suitable for the weather in order to graduate to the Intermediate Phase. Warm-up exercises will be conducted prior to the event. Depending on the size of the class, cadre could divide the class into sub-groups and start from different points along the track.

b. Candidates will re-test in the event of failing the run. Candidates that fail the run will have at least 1 week to re-train. If the candidate fails the re-test, then he/she will be dropped or recycled from the course.

Check on Learning: Conduct a check on learning and summarize the learning activity.

Review Summary: Conduct a Summary Review

CHECK ON LEARNING (ELO A): Conduct a check on learning and summarize the ELO.

REVIEW SUMMARY(ELO A): Conduct a Summary Review

B. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct 4-mile release run
CONDITIONS:	Given a measured 4-mile route, suitable physical fitness uniform in any weather conditions.
STANDARDS:	Complete the run in 36 minutes or less unassisted in any way.

ELO B - LSA 1. Learning Step / Activity ELO B - LSA 1. 4-MILE RELEASE RUN

Method of Instruction: Practical Exercise (Hands-On)
Instr Type(I:S Ratio/Qty): PL/Mentor/Trainer(2:160/0)
Time of Instruction: 2 hrs 0 min

Instructional Strategy: Programmed Instruction

Media Type: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

a.Candidates will successfully complete four laps on (Stewart/Watson Field) unassisted, in the prescribed uniform suitable for the weather in order to graduate to the Intermediate Phase. Warm-up exercises will be conducted prior to the event. Depending on the size of the class, cadre could divide the class into sub-groups and start from different points along the track.

b.Candidates will re-test in the event of failing the run. Candidates that fail the run will have at least 1 week to re-train. If the candidate fails the re-test, then he/she will be dropped or recycled from the course.

Check on Learning: Conduct a check on learning and summarize the learning activity.

Review Summary: Conduct a Summary Review

CHECK ON LEARNING (ELO B): Conduct a check on learning and summarize the ELO.

REVIEW SUMMARY(ELO B): Conduct a Summary Review

C. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct 5-mile release run
CONDITIONS:	Given a measured 5-mile route, suitable physical fitness uniform in any weather conditions.
STANDARDS:	Complete the run in 45 minutes or less unassisted in any way.

ELO C - LSA 1. Learning Step / Activity ELO C - LSA 1. 5 mile release run

Method of Instruction: Practical Exercise (Hands-On)

Instr Type(I:S Ratio/Qty): PL/Mentor/Trainer(2:160/0)

Time of Instruction: 2 hrs 0 min

Instructional Strategy: Programmed Instruction

Media Type: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

a.Candidates will successfully complete five laps on (Stewart/Watson Field) unassisted, in the prescribed uniform suitable for the weather in order to graduate to the Intermediate Phase. Warm-up exercises will be conducted prior to the event. Depending on the size of the class, cadre could divide the class into sub-groups and start from different points along the track.

b.Candidates will re-test in the event of failing the run. Candidates that fail the run will have at least 1 week to re-train. If the candidate fails the re-test, then he/she will be dropped or recycled from the course.

Check on Learning: Conduct a check on learning and summarize the learning activity.

Review Summary: Conduct a Summary Review

CHECK ON LEARNING (ELO C): Conduct a check on learning and summarize the ELO.

REVIEW SUMMARY(ELO C): Conduct a Summary Review

SECTION IV. SUMMARY

Method of Instruction:	Practical Exercise (Hands-On)
Instr Type(I:S Ratio/Qty):	PL/Mentor/Trainer(1:160/0)
Time of Instruction:	5 mins
Instructional Strategy:	Programmed Instruction

Check on Learning

None

Review/ Summary

None

SECTION V. STUDENT EVALUATION

Testing Requirements

NOTE: Describe how the student must demonstrate accomplishment of the TLO. Refer student to the Student Evaluation Plan. Students who fail will be re-tested

Feedback Requirements

NOTE: Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students questions about the test. Provide remedial training as needed.

Appendix A - Viewgraph Masters

**3, 4, and 5 Mile Release Runs
071-071T6935 / Version 0.3**

Sequence	Media Name	Media Type
None		

Appendix B - Test(s) and Test Solution(s)

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-071T6935 Version 0.3

Appendix D - Student Handouts

3, 4, and 5 Mile Release Runs
071-071T6935 / Version 0.3

Sequence	Media Name	Media Type
None		



DEPARTMENT OF THE ARMY
HEADQUARTERS UNITED STATES ARMY MANEUVER CENTER OF EXCELLENCE
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REPLY TO
ATTENTION OF

Policy Memorandum 350-1-13

IMBE-PLT-T

15 MAR 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Standards of Conduct for Physical Readiness Training

1. REFERENCE: TC 3-22.20, Army Physical Readiness Training, 20 Aug 10.
2. PURPOSE: This policy memorandum provides guidance concerning the execution of the Army Physical Fitness Program at the Maneuver Center of Excellence (MCoE), Fort Benning, GA.
3. POLICY: No unit will conduct physical training (PT) in or around housing and school areas. Units will remain silent during those periods in which formation travel occurs in areas adjacent to housing areas. No commands will be given and no singing will occur. Cadence calling in housing areas is prohibited. Directorate of Family and Morale, Welfare and Recreation (DFMWR) fields on main post are not PT areas.
 - a. Physical fitness is the foundation of combat readiness and must be an integral part of every Soldier's life. The readiness of our Army begins with the physical fitness of individual Soldiers, Noncommissioned Officers, and the Officers who command them.
 - b. All Soldiers assigned to the MCoE will participate in PT sessions five days per week. Major Subordinate Commanders are authorized to approve exceptions to this requirement.
 - c. The normal window for MCoE PT is 0600-0730, Monday through Friday. Due to training requirements, the 192d IN Brigade, 194th AR Brigade, and 198th IN Brigade will conduct PT Monday through Saturday from 0530-0700.
 - d. Units are only authorized to use their assigned PT fields. Priority for the one-mile track located on Stewart-Watson Field is for the conduct of the Army Physical Fitness Test (APFT). Multiple units may administer the APFT at the same time through direct coordination with each other, applying simple courtesy and common sense. Individuals moving at a slower pace will stay to the outside of the track and clear the way for those running faster.
4. SUPERSESSON: This policy memorandum supersedes MCoE Policy Memorandum 350-1-12, 16 Aug 11.

IMBE-PLT-T

SUBJECT: Standards of Conduct for Physical Readiness Training

5. PROPONENT: MCoE G-3/DPTMS, Central Tasking Officer, (706) 545-7617, e-mail: usarmy.benning.mcoe.mbx.cto@mail.mil.

FOR THE COMMANDER:

(b)(6)

(b)(6), Armor

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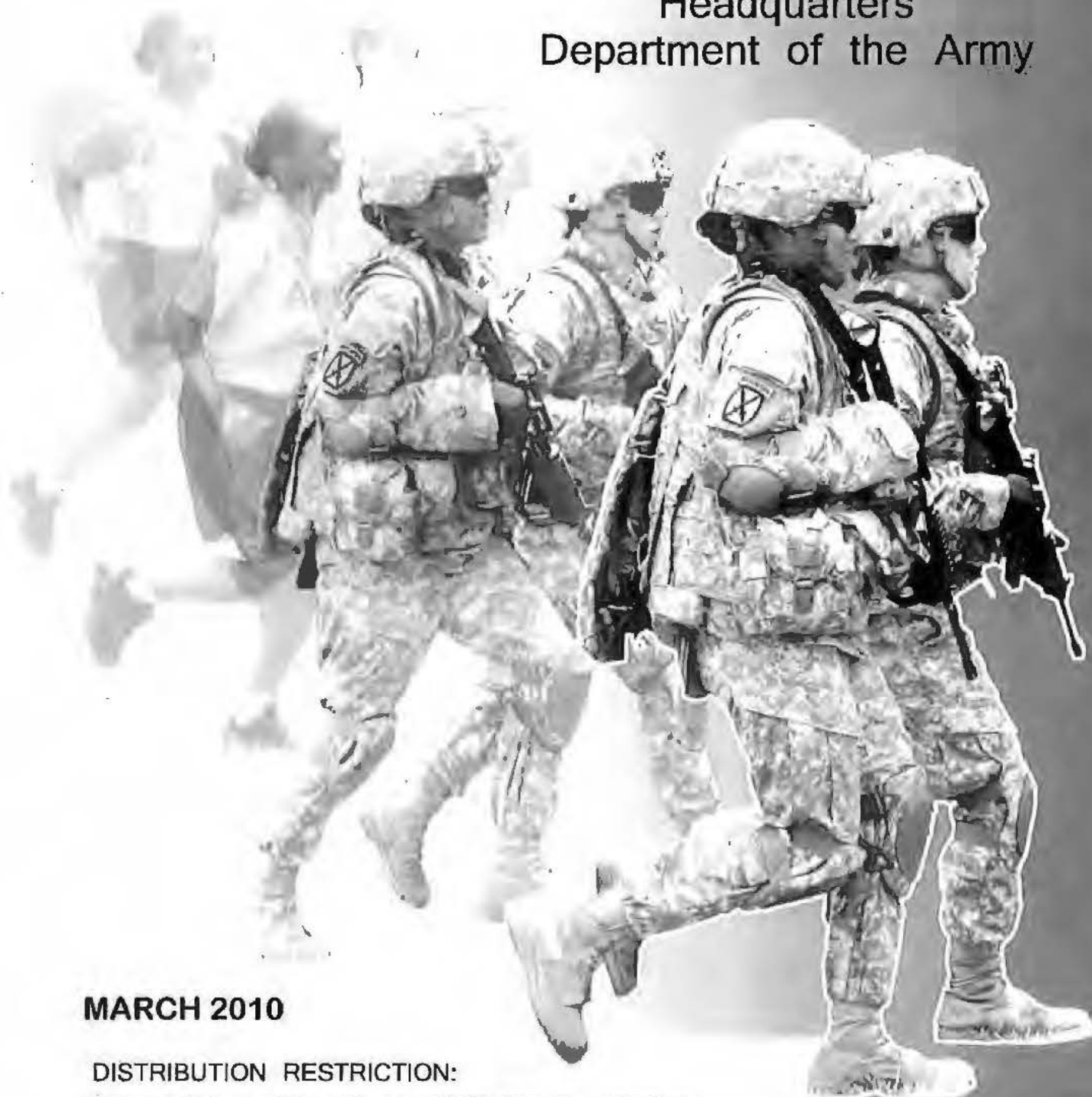
MCoE/Tenant BN CDRs

DIR L

TC 3-22.20

ARMY PHYSICAL READINESS TRAINING

Headquarters
Department of the Army



MARCH 2010

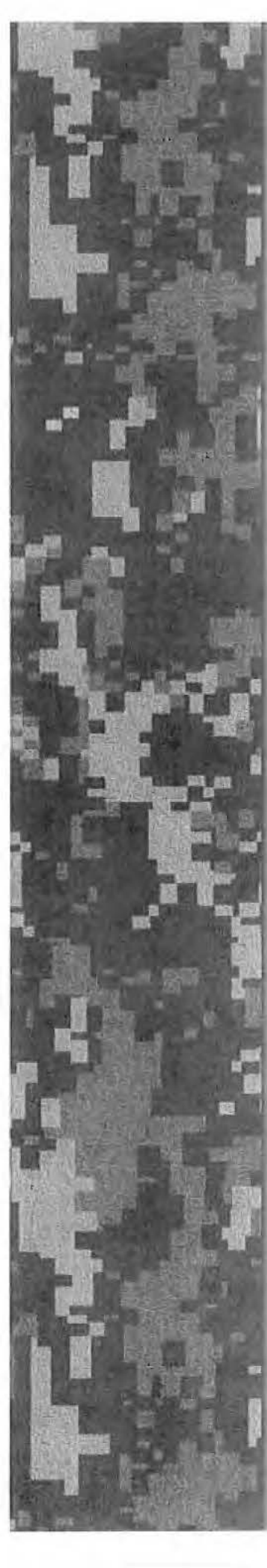
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significant requirement for anaerobic endurance. In order to train the complete spectrum of endurance, speed running, sustained running and foot movement under load must be performed. The running activities described in this chapter may be performed individually or collectively. Table 10-1 describes endurance and mobility activities used in PRT. Table 10-2 describes endurance and mobility activities and the prescription of intensity, duration and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement endurance and mobility activities into their PRT programs.

Table 10-1. Endurance and Mobility Activities.

Endurance and Mobility Activities	
Military Movement Drills 1 and 2 (MMD 1&2)	These drills dynamically prepare the body for more vigorous running activities and develop motor efficiency.
30:60s and 60:120s	30:60s and 60:120s improve the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, Soldiers will be able to sustain performance of physically demanding tasks at a higher intensity for a longer duration.
300-yard Shuttle Run (SR)	The 300-yard Shuttle Run develops the ability to repeatedly sprint after changing direction. It is an indicator of the Soldier's anaerobic endurance, speed and agility.
Hill Repeats (HR)	Hill repeats are an effective means of developing explosive leg strength, anaerobic power and speed.
Ability Group Run (AGR)	Ability group runs train Soldiers in groups of near-equal ability to sustain running for improvement in aerobic endurance.
Unit Formation Run (UFR)	Unit formation runs are based on a time and distance that can be achieved with unit integrity and a display of unit cohesion.
Release Run (RR)	Combine the benefits of formation running and individual performance at higher training intensities. Soldiers will run in formation to a specified time (no more than 15 minutes), then are released to run as fast as they can back to the starting point.
Terrain Run (TR)	Terrain running applies the <i>Train as you will fight</i> principle to PRT. Running through local training areas, over hills and around obstacles improves mobility, endurance and the ability to stop, start, and change direction.
Foot March (FM)	Foot marching as a movement component of maneuver, is a critical Soldier physical requirement. Regular foot marching prepares Soldiers to successfully move under load.
Conditioning Obstacle Course (CDOC)	Running the conditioning obstacle course for time challenges Soldiers' strength, endurance and mobility, improving individual movement techniques.
Endurance Training Machines (ETM)	Use of endurance training equipment may be based on environmental constraints, safety for Soldiers on physical profile and isolation of specific muscle groups to be trained during rehabilitation and reconditioning.



FM 7-22

ARMY PHYSICAL READINESS TRAINING

OCTOBER 2012

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HEADQUARTERS, DEPARTMENT OF THE ARMY

should move to faster groups when they are ready because they progress at different rates. Those who have difficulty maintaining the specified pace within an ability group should be placed in a slower ability group. Supervision will prevent a constant shifting of Soldiers between groups due to lack of individual effort. See the training schedules in Chapter 5, Planning Considerations, for AGR times and pace. Routes used for sustained running in ability groups should be well lighted, free from hazards and traffic, and marked at ¼-mile intervals. Ability group leaders will ensure running is at the proper pace prescribed for their group by checking their split times at each ¼-mile marker along the route. Table 10-4 shows the appropriate ¼-mile split time based on the AGR pace.

Table 10-4. Quarter-mile split times based on AGR pace

<i>Pace/Mile</i>	<i>1/4-Mile Split</i>	<i>Pace/Mile</i>	<i>1/4-Mile Split</i>	<i>Pace/Mile</i>	<i>1/4-Mile Split</i>
6:00	1:30	8:15	2:03	10:30	2:38
6:15	1:34	8:30	2:07	10:45	2:42
6:30	1:37	8:45	2:11	11:00	2:45
6:45	1:42	9:00	2:15	11:15	2:49
7:00	1:45	9:15	2:19	11:30	2:53
7:15	1:48	9:30	2:23	11:45	2:57
7:30	1:52	9:45	2:27	12:00	3:00
7:45	1:56	10:00	2:30	12:15	3:04
8:00	2:00	10:15	2:34	12:30	3:07

10-33. Refer to Table 10-2 for endurance and mobility activities, prescriptions of intensity, duration, and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement endurance and mobility activities into their PRT programs.

UNIT FORMATION RUN

10-34. The UFR elicits intangible rewards gained from running with a group, such as esprit de corps, team building, and discipline. Unit formation runs are based on a time and/or distance that can be achieved with unit integrity and a display of unit cohesion. Unit formation runs are organized by squad, platoon, company, or battalion; not by ability. Keeping a large unit in step, with proper distance intervals and correct running form, offers intangible benefits that commander's desire. Commanders should not use UFRs as the foundation of their PRT program. They should be performed no more than once per quarter due to the limited training effect offered for the entire unit. The UFR begins with a gradual increase in intensity for the first three minutes or ¼ mile, then continues at a prescribed target pace for a specified time, and concludes with a gradual decrease in intensity for the last three minutes or ¼ mile. The gradual increase and gradual decrease quarter miles will be conducted at a pace two minutes slower than the target pace. The unit commander is responsible for establishing a pace achievable by all Soldiers in the unit. Refer to Table 10-2 for endurance and mobility activities, prescriptions of intensity, duration, and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement endurance and mobility activities into their PRT programs.

RELEASE RUN

10-35. The RR combines the benefits of formation running and individual performance at higher training intensities. Soldiers will run in formation for a specified time (no more than 15 minutes), then released to run as fast as they can back to the starting point. Upon completion of the release run, additional PRT activities may be conducted or recovery performed. Refer to Table 10-2 for endurance and mobility activities, prescriptions of intensity, duration, and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement endurance and mobility activities into their PRT programs.



DEPARTMENT OF THE ARMY
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REPLY TO
ATTENTION OF

Policy Memorandum 385-6-13

ATZB-SO (385)

2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Maneuver Center of Excellence (MCoE) Composite Risk Management Policy

1. REFERENCES:

- a. AR 385-10, Army Safety Program, 14 June 2010.
- b. DA Pam 385-30, Mishap Risk Management, 10 October 2007.
- c. TRADOC Regulation 385-2, Training and Doctrine Command Safety Program, 23 January 2009.
- d. TRADOC Regulation 350-70, Systems Approach to Training Management, Processes, and Products, 9 March 1999.
- e. TRADOC Pam 385-1, TRADOC Model Safety Program and Self-Assessment Guide, 31 December 2011.
- f. FM5-19, Composite Risk Management, 21 August 2006.

2. PURPOSE: This policy is applicable to all military units and personnel on Fort Benning, to include all Active Duty Army and Reserve, National Guard, Reserve Officer Training Corps (ROTC), and junior Reserve Officer Training Corps (JROTC). It applies to sister services (Navy, Air Force, Marines, and Coast Guard) when involved in training or other activities controlled by Army units. This policy also applies to DoD Civilian organizations and personnel on Fort Benning when performing potentially hazardous operations. Repetitive events and operations, including tenant unit's training/operations, do not require resubmission for prior approval. The MSC/Director change of command, modification of operations or training, changes in weapons or equipment require resubmission of the CRMW.

3. POLICY:

a. All leaders are responsible and accountable for safety. Safety is about preserving the force. Situational awareness on behalf of the trainer and trainee results in safe training which allows increasingly realistic and complex training to progress. Safety is everyone's responsibility. Leaders will design and place emphasis on programs focused at the lowest level and then up through the chain of command. These programs will establish safety as an inherent element of that unit's daily culture. Leaders will instill in their Soldiers and employees the desire to reduce risk, even when unsupervised.

b. Commanders/Directors will prepare DA Form 7566, Composite Risk Management Worksheet (CRMW) dated April 2005 for all training events and operations. The daily risk assessments will be prepared and signed by the senior military person present at the training site, conducted prior to the training events and operations, and updated as conditions change or twice per event. On site during the operations, all personnel will be briefed risk management worksheets.

ATZB-SO

SUBJECT: Maneuver Center of Excellence (MCoE) Composite Risk Management Policy

(1) Extremely High Risk = The Commanding General, MCoE, will approve the CRMW for all training events and operations POI or non-POI with a residual risk level extremely high.

(2) High Risk = Colonel or equivalent grade and Directors will approve training events and operations with a residual risk level of high.

(3) Moderate Risk = Lieutenant Colonel and/or equivalent division chiefs and Command Sergeants Major serving as NCO Academy Commandants, will approve residual risk level of moderate.

(4) Low Risk = Colonel or equivalent grade and Directors may delegate low risk approval authority.

(5) Additional Guidance = The Commandants (Infantry/Armor), will approve the following operations, regardless of the residual risk level: Airborne Operations, Fast Rope Insertion/Extraction system/Special Patrol Insertion/Extraction System, rappelling from a helicopter, helocasting, company-level maneuver live-fire operations, operations in or over water (Combat Water Survival Test, Log Walk/Rope Drop), Demolition Effect Simulator (DES), hand grenades for IET, all live demolitions training, Combined Arms/Maneuver Exercises, and any other training/operations events or operations designated by the G-3.

(6) Commanding General, MCoE, will approve all high-risk operations involving all outside federal agencies (DHS, DOJ, etc.), DoD agencies (USAF, USN, USMC, USCG, etc.), and all other non-TRADOC commands.

c. Repetitive events and operations, including tenant unit's training/operations, do not require resubmission for prior approval. Commander or Director change of command, modification of operations/training, or changes in weapon or equipment require resubmission of the RMWS.

d. Ranges requiring deviations must also have a CRMW enclosed as part of the range package. The CRMW must address control measures implemented to support requested action versus the actual event/training, (i.e., encroachment of a road, reduction of Surface Danger Zone (SDZ), or degree angles of fire for maneuvering forces). The Safety Office, Range Division, and G-3 must sign and concur/non-concur with the complete range package.

4. SUPERSESSION: This policy memorandum supersedes MCoE Policy Memorandum 385-6-12, 15 December 2010, same subject.

5. PROPONENT: MCoE Safety Office, 706-545-3268

FOR THE COMMANDER:

(b)(6)

(b)(6) **Armor**

(b)(6)

DISTRIBUTION:

ADMIN L, CSM/SGM, MSC DCO/XO, and MCoE/Tenant BN CDRs Lists



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS UNITED STATES ARMY MANEUVER CENTER OF EXCELLENCE
1 KARKER STREET
FORT BENNING, GEORGIA 31905-5000

Policy Memorandum 385-6-14

ATZB-SO (385)

29 OCT 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Maneuver Center of Excellence (MCoE) Risk Management Policy

1. REFERENCES:

- a. AR 385-10, Army Safety Program, 4 October 2011.
- b. DA Pam 385-30, Mishap Risk Management, 10 October 2007.
- c. TRADOC Regulation 385-2, Training and Doctrine Command Safety Program, 6 December 2011.
- d. TRADOC Regulation 350-70, Systems Approach to Training Management, Processes, and Products, 6 December 2011.
- e. TRADOC Pam 385-1, TRADOC Model Safety Program and Self-Assessment Guide, 31 December 2011.
- f. FM5-19, Composite Risk Management, 21 August 2006.

2. PURPOSE: This policy is applicable to all military units and personnel on Fort Benning, to include all Active Duty Army and Reserve, National Guard, Reserve Officer Training Corps (ROTC), and Junior Reserve Officer Training Corps (JROTC). It applies to sister services (Navy, Air Force, Marines, and Coast Guard) when involved in training or other activities controlled by Army units. This policy also applies to DoD civilian organizations and personnel on Fort Benning when performing potentially hazardous operations. Repetitive events and operations, including tenant unit's training/operations, do not require resubmission for prior approval. The MSC/Director change of command, modification of operations or training, changes in weapons or equipment require resubmission of the risk management worksheet (RMW).

3. POLICY:

a. All leaders are responsible and accountable for safety. Safety is about preserving the force, situational awareness on behalf of the trainer and trainee results in safe training which allows increasingly realistic and complex training to progress. Safety is everyone's responsibility. Leaders will design and place emphasis on programs focused at the lowest level and then up through the chain of command. These programs will establish safety as an inherent element of that unit's daily culture. Leaders will instill in their Soldiers and employees the desire to reduce risk, even when unsupervised. As directed by TRADOC change of verbiage to reflect evolution of risk management from Composite Risk Management to Risk Management.

b. Commanders/Directors will prepare DA Form 7566 Composite Risk Management Worksheet (CRMW) dated April 2005 for all training events and operations. All phases of an operation or training event must be considered and addressed during the risk management process. The residual risk identified on this worksheet will be accepted IAW the risk decision authority listed in below paragraph. The daily risk assessments will be prepared and signed by the senior military person present at the training site, conducted prior to the training events and operations, and updated as conditions change or twice per event. Risk management worksheets will be read and briefed to all personnel on site during the

operations. Administrative and classroom training, designated as low risk in training support package/lesson plans, do not require completion of a daily risk management worksheet.

(1) Extremely High Risk = The Commanding General, MCoE, will approve the RMW for all training events and operations POI or non-POI with a residual risk level extremely high.

(2) High Risk = Colonel or equivalent grade and Directors as designated by the CG will approve training events and operations with a residual risk level of high.

(3) Moderate Risk = Lieutenant Colonel and/or equivalent division chiefs and Command Sergeants Major serving as NCO Academy Commandants, as designated by the CG will approve residual risk level of moderate.

(4) Low Risk = Colonel or equivalent grade and Directors may delegate low risk approval authority.

(5) Additional Guidance = The Commandants (Infantry/Armor), will approve the following operations, the Deputy Commandants can sign in the absence of the Commandant regardless of the residual risk level: Airborne Operations, Fast Rope Insertion/Extraction system/Special Patrol Insertion/Extraction System, rappelling from a helicopter, helocasting, company-level maneuver live-fire operations, operations in or over water (Combat Water Survival Test, Log Walk/Rope Drop), Demolition Effect Simulator (DES), hand grenades for IET, all live demolitions training, Combined Arms/Maneuver Exercises, and any other training/operations events or operations designated by the MCoE G-3.

(6) Commanding General, MCoE, will approve all high-risk operations involving all outside federal agencies (DHS, DOJ, etc.), DoD agencies (USAF, USN, USMC, USCG, etc.), and all other non-TRADOC commands.

(7) Ranges or training areas requiring special events (i.e., FRG Orientation, Family Day, Jane Wayne Day, and Sponsored Groups) must also have a RMW enclosed as part of the event package. The CRMW must address control measures implemented to support requested action versus the actual event. The Safety Office, Range Division, and G-3 must sign and concur/non-concur with the complete event package.

c. Repetitive events and operations, including tenant unit's training/operations, do not require resubmission for prior approval. Commander or Director change of command, modification of operations/training, or changes in weapon or equipment require resubmission of the RMW.

d. Ranges requiring deviations must also have a RMW enclosed as part of the range package. The RMW must address control measures implemented to support requested action versus the actual event/training, (i.e., encroachment of a road, reduction of Surface Danger Zone (SDZ), or degree angles of fire for maneuvering forces). The Safety Office, Range Division, and G-3 must sign and concur/non-concur with the complete range package.

4. SUPERSESSION: This policy memorandum supersedes MCoE Policy Memorandum 385-8-13, 30 March 2012, same subject.

5. PROPONENT: MCoE Safety Office, 706-545-3268.

FOR THE COMMANDER:

(b)(6)

(b)(6) Infantry

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